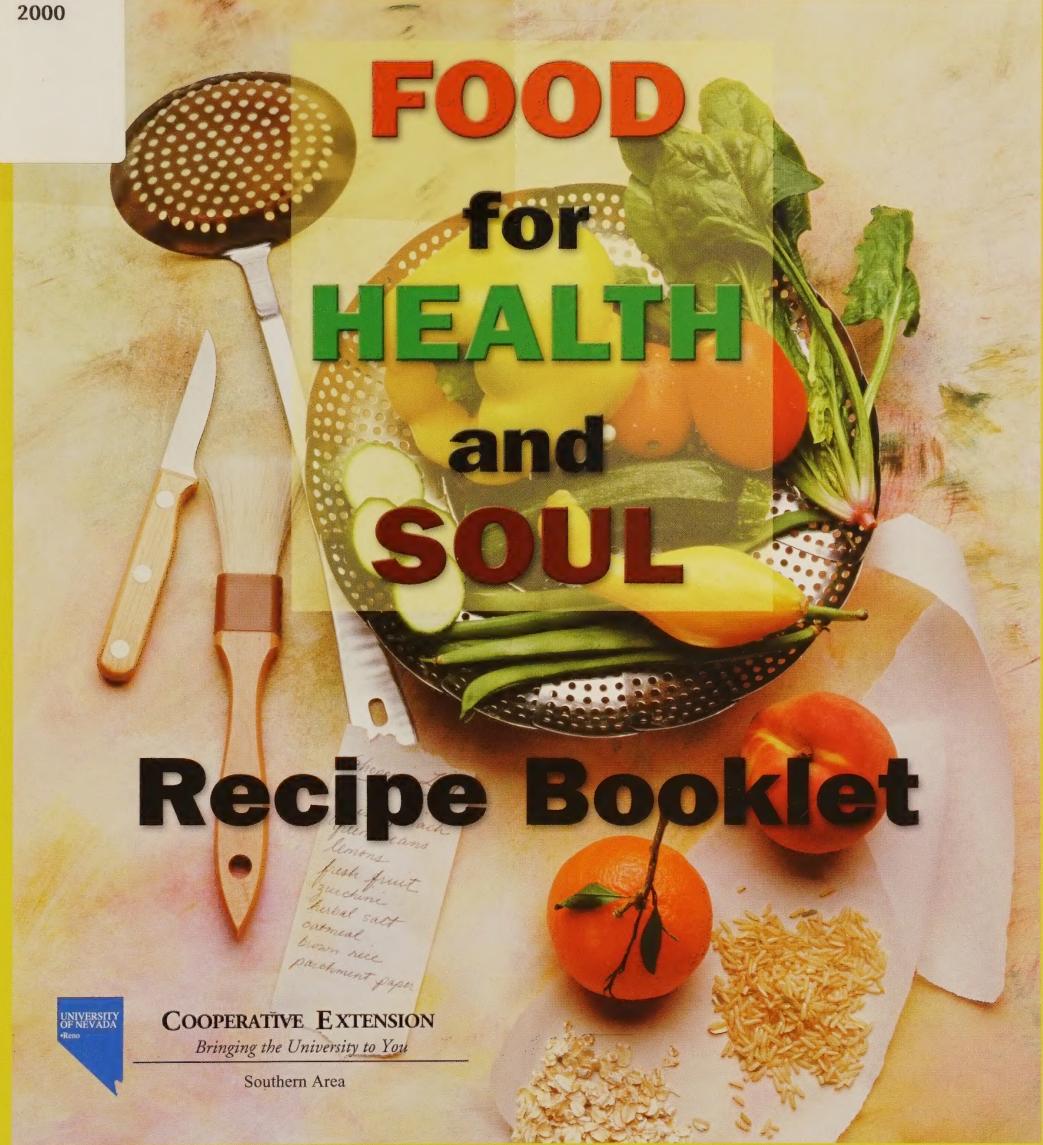


RM216
.W653
2000



A collage of healthy food items and cooking utensils. It includes a metal strainer filled with various vegetables like carrots, green beans, and zucchini, a wooden cutting board with a knife and a wooden spoon, and a whole orange. In the background, there's a bowl of fruit and some fresh greens.

FOOD for **HEALTH** and **SOUL**

Recipe Booklet



COOPERATIVE EXTENSION

Bringing the University to You

Southern Area

A nutrition curriculum to help you decrease your risk of heart disease, cancer and diabetes by the preparation of healthy “soul food” and other family favorites.

DEVELOPED BY JOYCE M. WOODSON, M.S., R.D.

AND

MILLICENT BRAXTON-CALHOUN, M.S.

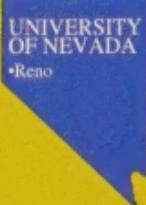
July 2000

RM216
.W653
2000

FOOD for **HEALTH** and **SOUL**

Shopping List
fresh spinach
green beans
lemons
fresh fruit
zucchini
herb salt
oatmeal
brown rice
parchment paper

Nutrition Education Program



COOPERATIVE EXTENSION
Bringing the University to You

Southern Area



The goal of “**Food for Health and Soul**” is to decrease risk for chronic disease. Families are encouraged to modify their favorite recipes by decreasing sugar, fat, salt and sodium and increasing fiber-rich foods during preparation.



Research indicates that African Americans suffer a disproportionately high incidence of chronic disease (heart disease, stroke, diabetes and cancer). Family history, smoking, lack of physical activity, obesity, diet and stress are risk factors for chronic disease. We cannot change family history, but we can change lifestyle behaviors to lessen risk.

Food choices and food preparation methods can be modified to lower the risk of these diseases. The “**Food for Health and Soul**” nutrition education curriculum was developed to address this issue.



Food for Health and Soul Curriculum Topics:

1. Healthy Eating Using Food Labels
2. Look Out For Salt/Sodium
3. Spice is Nice, Herbs Too
4. Look Out For Fat
5. Eat your Fiber, like Grandma Says
6. Sugar
7. Buffet for Health and Soul

The final lesson, “Buffet for Health and Soul” is an opportunity for participants to share and taste family favorite recipes. The participants and the University of Nevada Cooperative Extension contribute foods to sample.

Certificates are presented at the conclusion of the class to recognize participants efforts.





FEEDBACK FROM PROGRAM PARTICIPANTS:

"I've been telling everyone about this program." – S.B.

"I thought low fat meant no calories." – S.T.

"It means a lot to have us actually taste the modified food." – B.J.

"I did not know cold cuts and hot dogs had so much salt and fat in them." – R.F.

**This program is made possible
by the
University of Nevada
Cooperative Extension
and
Funding from the U.S.D.A.
Food Stamp Program**



The Food Stamp Program provides nutrition assistance to low-income households. For more information, call 1-702-486-1675

University of Nevada Cooperative Extension
2345 Red Rock Street
Las Vegas, Nevada 89146

www.unce.unr.edu

Contact:
Joyce M. Woodson, MS, RD
woodsonj@unce.unr.edu
(702) 257-5508

or
Millicent Braxton-Calhoun, MS
braxton-calhounm@unce.unr.edu
(702) 257-5520

The University of Nevada, Reno is an equal opportunity/affirmative action employer and does not discriminate on the basis of race, color, religion, sex, age, creed, national origin, veteran status, physical or mental disability and sexual orientation in any program or activity it operates. The University of Nevada employs only United States citizens and aliens lawfully authorized to work in the United States.

CONTENTS

	Page
Low Fat Cooking Tips.....	2
I. Main Meals	
Hoppin' Johns with Brown Rice	4
Mixed Greens with Smoked Turkey	5
Red Beans and Rice	6
II. Side Dishes	
Black-Eyed Peas	7
Cornbread.....	8
Creamy Macaroni and Cheese	9
Traditional Macaroni and Cheese	10
Macaroni and Salmon Salad.....	11
Garden Potato Salad.....	12
Mixed Greens.....	13
III. Desserts	
Fresh Fruit Ambrosia	14
Fruit and Yogurt Pie.....	15
Lemon Cream Pie.....	16
Heavenly Sweet Potato Pie	17
IV. Condiments	
Low Fat Whipped Topping	18
Mock Sour Cream	19
Spice of Life	20
No Salt Seasoning Mix	21
Zesty Herb Seasoning.....	22
V. Beverages	
Holiday Nog	23

Low Fat Cooking Tips, continued...

Cut back on margarine and oils in dishes by half or use butter substitutes.

Use low fat, white sauces rather than canned soups. Try low fat soup mixes in your favorite recipes.

Use defatted broths for gravies.

Cook pasta and rice without fat or salt.

Cook vegetables in fat-free broths or liquid smoke.

Use herbs and spices along with jalapeño peppers, picante sauce, vinegar and spicy mustards to replace the flavor of salt and fat.

Use applesauce rather than oil in baked desserts.

Like the Cognac Jules Courvoisier
C'mon pick up your suitcase and take me where you'll go
use putting experience

Like how fast wings makes you feel when connected to plane
Like how fast you mixes it to your favorite mixture

Like defining priorities for business

Cook bacon and rice without fear of fail

Cook vegetables in oil-free pots to avoid smoke
Like always taste, measure and slowly mix each stage to develop
the flavor of your meal first

Like substitute sugar instead of in baked dessert

HOPPIN' JOHN WITH BROWN RICE

(Makes 6 to 8 servings)

6 cups	water
1 pound	dried black-eyed peas
1/4 cup	canola, safflower or corn oil
1 large	green bell pepper, chopped
1 large	onion, chopped
1/2 cup	celery, chopped
6 cloves	garlic, minced
2 tsp.	dried thyme leaves
1 can	(6 ounces) tomato paste
2 tsp.	chili powder
2 pounds	brown rice (converted or parboiled brown rice)
4 ounces	lean ham, chopped (optional)
3/4 tsp.	salt
1 tsp.	pepper
1 Tbsp.	Louisiana Hot Sauce

1. Soak black-eyed peas overnight.
2. Combine water and black-eyed peas in a large saucepan. Cook until almost tender, about one hour. Add 1 cup or more of water, if needed.
3. Cook brown rice, stir occasionally.
4. Heat oil in medium skillet on medium heat. Add green pepper, onion, celery, garlic and thyme. Cook and stir until browned. Add tomato paste and chili powder. Stir. Add a little water, if needed. Stir. Add ham (if desired), salt and pepper to tomato mixture. Stir. Mix cooked rice, cooked black-eyed peas and vegetable mixture together. Cover. Bring to a boil. Reduce heat. Simmer 15 minutes.

Nutritional Analysis (per serving):

Calories	179
Sodium	32 milligrams
Fat	2 grams
Cholesterol	less than 1 milligram
Saturated fat	less than 1 gram

Diabetic Exchanges

Bread Exchange	2
Fat Exchange.....	1/2

MIXED GREENS WITH SMOKED TURKEY

(Makes 4 servings)

1/4 pound	collard greens
1/2 pound	each turnip and mustard greens
1 piece	(precooked) smoked turkey parts
2 cups	water (enough to cover smoked turkey)

1. Rinse one of the turkey pieces (drumstick or wing tip). Place turkey part in large saucepan, cover with water. Cook for 15 minutes.
2. While turkey is cooking, clean greens, break tips off all greens; break greens into small pieces. Add greens to cooked turkey in saucepan.
3. Simmer covered, over low heat for 15 minutes or until fork tender. Remove turkey, pull meat away from skin and serve with greens.

Nutritional Analysis Per Serving

Serving size	1 cup
Calories	154
Fat	5 grams
Saturated fat	1.5 milligrams
Sodium	500 milligrams
Fiber	3 grams

Diabetic Exchanges

Vegetable	1
Meat-Medium Fat.....	2

RED BEANS AND RICE

(Makes 8 servings)

1 lb.	dry red beans
2 quarts	water
1 1/4 cups	chopped onion
1 cup	chopped celery
4	bay leaves
1 cup	chopped red & green pepper
1 Tbsp.	chopped garlic or garlic powder to taste
2 Tbsp.	chopped cilantro
2 tsp.	dried thyme, crushed
1/4 tsp.	dried oregano leaves
1 tsp.	salt
1/4 tsp.	black pepper
2 cups	brown rice (converted or parboiled)

1. Soak beans overnight.
2. In a 5-quart pot, combine beans, water, onion, celery and bay leaves. Bring to boiling; reduce heat. Cover and cook over low heat for about 1 1/2 hours or until beans are tender.
3. Add and green peppers, garlic, cilantro, thyme, oregano, salt and black pepper. Cook over low heat about 30 minutes. Remove bay leaves.
4. Serve over hot, cooked brown rice.

Nutritional Analysis (per serving):

Calories	179
Sodium	285 milligrams
Protein	10 grams
Fat	0.5 grams
Cholesterol	less than 1 milligram
Saturated fat	less than 1 gram

Diabetic Exchanges

Bread Exchange	2
Fat Exchange	1/2

BLACK-EYED PEAS

(Makes 8 servings)

8 ounces	dried black-eyed peas
2 quarts	water
2 ham hocks	fresh, lean (not smoked) or 6 ounces lean fresh pork (optional)
½ tsp.	salt (optional)
½ tsp.	black pepper (optional)

1. Soak black-eyed peas in 1 quart of water overnight. Use bottle water to soak peas if your water is "hard." Drain peas the next day; discard water.
2. Put a quart of water into a 5-quart pot. Add peas.
3. Remove skin and any fat from ham hocks. Add them to the pot.
4. Bring the water to simmer over low heat. Cover and continue simmering for 1 3/4 hours or until ham hocks are fork-tender.

Nutritional Analysis (per serving):

Calories	155
Carbohydrates	16 grams
Protein	12 grams
Fat	5 grams
Fiber	4 grams
Cholesterol	28 milligrams
Sodium:	
without added salt	15 milligrams
with added salt	54 milligrams

Diabetic Exchanges

Bread Exchange	1
Medium-Fat Meat Exchange.....	1

CORNBREAD

(Makes 4 servings)

½ cup	all-purpose flour
1 cup	cornmeal
¾ tsp.	baking soda
1 tsp.	salt
2 Tbsp.	sugar
1 ¼ cups	low fat buttermilk
1	egg
2 Tbsp.	oil
	Vegetable cooking spray

1. Preheat oven to 450 degrees F.
2. Combine cornmeal, flour, baking powder, baking soda and sugar in bowl. Combine buttermilk, oil and egg. Add to dry ingredients, stirring just until moistened.
3. Prepare 10" cast-iron skillet with nonstick vegetable spray. Pour batter into skillet and bake 25-30 minutes or until golden brown. Let cool.

Nutritional Analysis per serving (2" sq. piece)

Calories	126
Cholesterol	21.30 milligrams
Fat	5.3 grams
Sodium	566 milligrams
Fiber	3 grams

Diabetic Exchanges

Bread/Starch.....1.5

CREAMY MACARONI & CHEESE

(Makes 4 servings)

8 ounces	elbow macaroni
1 Tbsp.	All-purpose flour
1 cup	evaporated milk, divided
1 cup	shredded, reduced-fat, sharp cheddar cheese
1 tsp.	Dijon-style mustard
1/4 tsp.	Ground black pepper
1 1/2 cups	low fat (1%) cottage cheese
3 Tbsp.	Fat-free, grated Parmesan cheese for topping
1 tsp.	Worcestershire sauce
Generous pinch	cayenne pepper
Dash	hot pepper sauce
Dash	paprika
Nonstick cooking spray	

1. Preheat oven to 375°F. With nonstick cooking spray, lightly coat an 8-inch-square baking dish (or any 2-quart baking dish). Set aside.
2. In large pot, over high heat, bring about 3 quarts water to a boil. Add macaroni; cook 8 to 10 minutes or until just tender. Drain; rinse with cold water; set aside.
3. Meanwhile, in a small bowl, whisk together flour and 2 tablespoons of the milk. In a large saucepan, over medium heat, heat remaining milk until steaming. Gradually whisk a little hot milk into bowl with milk-flour mixture, then whisk this mixture back into pan with hot milk. Stir over medium heat about 1 minute, or until mixture comes to a boil and thickens. Remove from heat. Stir in cheddar cheese, mustard, black pepper and cayenne pepper. Set aside.
4. In a food processor or blender, puree cottage cheese until very smooth. Stir into sauce. Stir in reserved macaroni. Spoon mixture into prepared baking dish.
5. Sprinkle fat-free Parmesan topping over top of macaroni and cheese. Bake 40 to 45 minutes, or until brown and bubbling.

Nutritional Analysis (per serving):

Calories	415
Sodium.....	533 milligrams
Fat	5 grams
Cholesterol	16 milligrams
Saturated fat	2 grams

Diabetic Exchanges:

Bread Exchange	2
Meat Exchange.....	1
Fat Exchange.....	1

TRADITIONAL MACARONI & CHEESE

(Makes 6 servings)

1 1/2 cups	elbow macaroni
2 Tbsp.	margarine
2 Tbsp.	all-purpose flour
1/2 tsp.	salt
2 cups	1% skim milk
8 ounces	fat-free cheddar cheese (grated)

1. Cook macaroni noodles according to package directions. Drain and place into 2-quart casserole dish.
2. Melt margarine and stir in flour and salt to make a roux, stirring constantly for approximately 3 minutes. Gradually pour in milk and stir until mixture is thick.
3. Add grated fat-free cheese (reserve 1/4 cup for top of casserole) and stir until melted.
4. Mix cheese sauce with macaroni. Sprinkle top of casserole with 1/4 cup of grated cheese and bake for 35 minutes at 350°F.

Nutritional Analysis (per serving):

Serving Size	1/2 cup
Calories	222
Sodium	699 milligrams
Fat	4 grams
Calories from Fat	126 grams
Cholesterol	1.44 milligrams
Saturated fat	1 gram
Carbohydrate	29 grams
Dietary Fiber	1 gram
Sugars	4 grams
Protein	15 grams

Diabetic Exchanges

Bread/Starch Exchange	1
Fat Exchange	1
Meat Very Lean Exchange	1.5

Macaroni and Salmon Salad

(Makes 12 (1-cup) servings)

½ cup reduced fat mayonnaise
¼ cup honey Dijon mustard
1-tablespoon fresh lime juice
¼ cup chopped, fresh dill weed
1 pound medium shell macaroni, cooked and drained
2 cups broccoli florets, cooked and drained
1 large red bell pepper
½ cup chopped red onion
¼ cup diced celery
½ cup chopped tomatoes
1 16-ounce can salmon, drained

3. Mix mayonnaise, honey Dijon mustard, and lime juice.
4. Combine the macaroni, broccoli, red pepper, red onion, celery, and tomatoes in large salad bowl.
5. Add mayonnaise mixture and toss to blend.
6. Gently stir in salmon. Cover the salad and chill in refrigerator for at least 1 hour or more. Serve on lettuce leaves if desired.

Nutritional Analysis (per serving):

Calories	146
Sodium.....	330 mg
Protein.....	11g
Fat.....	,3g
Cholesterol	17mg
Saturated fat07mg

GARDEN POTATO SALAD

(Makes 10 servings)

3 pounds	potatoes (6 large)
1 cup	chopped celery
1 cup	mixed green and red bell peppers
½ cup	sliced scallions (green onions)
2 Tbsp.	chopped parsley
1 cup	low fat mayonnaise
2 tsp.	prepared mustard
½ tsp.	celery seeds
½ tsp.	dill weed
½ tsp.	white pepper

1. Scrub potatoes. Boil in jackets until tender. Cool and peel. Cut into ½-inch cubes.
2. Add celery, red and green peppers, green onions, celery seeds, dill weed and white pepper.
3. Combine prepared mustard and mayonnaise; pour mixture over vegetables and mix well. Chill before serving.

Nutritional Analysis per serving:

Calories	151
Carbohydrate.....	30 grams
Protein	6 grams
Fat	0.5 gram
Saturated fat	0.2 gram
Dietary Fiber	3.1 grams
Cholesterol	2.3 milligrams
Sodium	118 milligrams

Diabetic Exchanges

Bread/Starch Exchange	1
Fat Exchange.....	1

MIXED GREENS

(Makes 4 servings)

1/4 pound	collard greens
1/2 pound	turnip greens
1/2 pound	mustard greens
1 onion	(medium) minced
1 tsp.	salt (optional)
1/2 cup	water

1. Break off tips from all greens; break greens into small pieces. Add water and greens to large saucepan.
2. Add minced onions. Sprinkle salt over greens, if desired. Cover and simmer over low heat for 15 minutes or until fork tender.

Nutritional Analysis (per serving):

Calories	34
Carbohydrate.....	7 grams
Protein	2 grams
Fat	0 grams
Fiber	3 grams
Cholesterol	0 milligrams
Sodium:	
without added salt	28 milligrams
with added salt	455 milligrams

Diabetic Exchanges

Vegetable Exchange.....1

FRESH FRUIT AMBROSIA

(Makes 10 servings)

2 medium	oranges
1 medium	Red Delicious apple, cored and cubed
1 cup	fresh pineapple chunks
½ cup	seedless green grapes, halved
½ cup	unsweetened orange juice
3 Tbsp.	flaked coconut
½ cup	low fat vanilla yogurt

1. Peel oranges and slice crosswise; cut each half in half (or quarter them).
2. Combine oranges, apple, pineapple and grapes in a medium bowl; toss gently. Pour orange juice over fruit; toss gently. Cover and chill 2 to 3 hours.
3. To serve, add yogurt and toss gently. Spoon fruit mixture evenly into individual dessert bowls and sprinkle evenly with coconut.

Nutritional Analysis (per serving):

Calories	73
Sodium	18 milligrams
Fat	2 grams
Cholesterol	less than 1 milligram
Saturated fat	less than 1 gram

Diabetic Exchanges

Fruit Exchange	1
----------------------	---

FRUIT AND YOGURT PIE

(Makes 8 servings)

8 ounces	sugar-free, low-fat yogurt (pineapple, strawberry or orange)
8 ounces	fat free whipped topping
1 cup	chopped fruit (pineapple, strawberry or orange)
1	low fat, graham cracker crust

Mix yogurt, fruit and whipped topping. Pour the mixture into the pie shell. Garnish with fruit and chill in the refrigerator for two or three hours.

Nutritional Analysis (per serving):

Calories	104
Carbohydrates	11 grams
Sugar	6 grams
Fat	4 grams
Saturated Fat	3.5 grams
Calcium.....	44 milligrams
Sodium.....	17 grams

Diabetic Exchanges

Other Carbohydrate.....	1.5
Fat.....	1

LEMON CREAM PIE

(Makes 8 servings)

1 (3oz)	small box lemon Jell-O
1/4 cup	boiling water
1 (8 oz)	sugar-free lemon yogurt
1 (8 oz)	fat free whipped topping
1	reduced fat graham cracker crust

Dissolve Jell-O in 1/4 cup boiling water. With wire wisk, stir in yogurt. With rubber spatula, fold in whipped topping. Pour mixture into graham cracker crust. Refrigerate over night or at least 2 hours.

Nutritional Analysis (per serving):

Calories.....	189
Carbohydrates.....	25g
Sugar.....	14g
Fat.....	8g
Saturated Fat.....	2.5g
Sodium.....	198g

Diabetic Exchanges

Other Carbohydrate.....	2.5
Fat.....	2

HEAVENLY SWEET POTATO PIE

(One 9-Inch Pie: 8 Servings)

4	medium sweet potatoes
½ cup	granulated sugar
1 tsp.	ground cinnamon
½ tsp.	ground ginger
½ tsp.	ground nutmeg
1 ½ cups	evaporated skim milk (12-ounce can)
1 tsp.	pure vanilla extract
1 tsp.	grated orange zest
3	egg whites, lightly beaten
¼ cup	brandy
1	9-inch, unbaked piecrust

1. **PREPARE POTATOES:** **To Bake**, prick potatoes in several places and bake in 425°F oven until soft; about 45 minutes. **To Boil**, place sweet potatoes and enough cold water to cover in large saucepan. Partially cover with lid; set over high heat and bring to boil. Reduce heat; simmer potatoes until fork-tender, about 45 minutes; drain potatoes.
2. If potatoes were boiled, heat oven to 425°F. When cool enough to handle, peel potatoes and remove blemishes. Mash potatoes in large bowl, using potato masher or fork. (To remove lumps or strings, use food mill or press potatoes through standard sieve back into bowl.)
3. In small bowl, combine sugar, cinnamon, ginger and nutmeg; mix well. Stir spice mixture into mashed sweet potatoes until blended. Add vanilla, milk and orange zest; fold in egg whites. Using electric mixer, beat until smooth; stir in brandy.
4. Pour filling into unbaked piecrust; bake 10 minutes. Reduce heat to 325°F; bake until knife inserted in filling comes out clean, about 45 additional minutes. Serve warm or chilled. Cover and refrigerate any leftovers.

Nutritional Analysis Per Serving

Calories	282	O
Protein.....	8 grams	
Fat	6 grams	
Sodium	149 milligrams	
Cholesterol	2 milligrams	

Diabetic Exchanges

Other Carbohydrate.....	1.5
Fat.....	1

LOW FAT WHIPPED TOPPING

In a large bowl mix:

3 Tbsp. granulated sugar
1 ½ tsp. unflavored gelatin

Add:

½ cup boiling water

Stir until gelatin is dissolved

Stir in:

½ cup cold water

Let stand until room temperature

Add:

¾ cup nonfat dry milk
1 ½ tsp. lemon juice
1 ½ tsp. vanilla

Beat with electric mixer on high until soft peaks form (3 minutes).

Refrigerate.

MOCK SOUR CREAM

Mix:

16 ounces	low fat cottage cheese
2 Tbsp.	lemon juice
1/3 to 1/2 cup	skim milk

Blend in a blender until smooth and creamy, adding more milk as needed.

1/4 cup has 55 calories

VARIATIONS

Chili-Horseradish Dressing

Add:

2 Tbsp.	chili sauce and
1 Tbsp.	prepared horseradish

Herb Dressing

Add:

1/4 cup	chopped parsley
1/4 cup	chopped watercress
2 Tbsp.	chopped green onion
1 Tbsp.	mayonnaise
1 Tbsp.	Worcestershire sauce

Hot and Spicy Dressing

Add:

1	4 ounce-can green chilies, drained and chopped
1/3 cup	minced onion
1/4 cup	mild taco sauce
1 tsp.	Dijon mustard
hot-pepper sauce to taste	

SPICE OF LIFE SEASONING

½ tsp.	cayenne pepper
1 Tbsp.	garlic powder
1 tsp.	ground basil
1 tsp.	ground marjoram
1 tsp.	ground thyme
1 tsp.	ground parsley
1 tsp.	ground savory
1 tsp.	ground mace
1 tsp.	ground onion powder
1 tsp.	ground black pepper
1 tsp.	ground sage

Combine all ingredients; store in a tightly covered container. Substitute for salt in main dishes, salads, salad dressings, etc. Use to season meats and vegetables.

Reprinted with permission from the American Heart Association, Northeast Ohio Affiliate, "Cooking Without Your Salt Shaker."

Copyright 1978 by American Heart Association, Inc.

NO-SALT SEASONING MIX

1 Tbsp. black pepper
1 Tbsp. paprika
1 Tbsp. garlic powder
1 Tbsp. onion powder
1 Tbsp. crushed dry parsley

Combine all ingredients; store in a tightly covered container. Substitute for salt in main dishes, salads, salad dressings, etc. Use to season meats and vegetables.

ZESTY HERB SEASONING

Sodium: 47 mg per teaspoon

Grated peel of 1 lemon

2 Tbsp.	ground cinnamon
1 Tbsp.	ground mace
1 Tbsp.	dried basil leaves, crushed
1 Tbsp.	dried thyme leaves, crushed
1 Tbsp.	dried rosemary leaves, crushed
2 tsp.	paprika
1 tsp.	salt and potassium chloride mixture (a purchased product with half the sodium of table salt)
1 tsp.	pepper
1 tsp.	ground cloves
½ tsp.	ground nutmeg
½ tsp.	allspice

Combine all ingredients. Refrigerate in covered container. Sprinkle as desired over meat, poultry or fish before broiling or baking.

HOLIDAY NOG

(Makes 2 ½ quarts)

2 cans	(12 ounces each) evaporated skim milk
3 cups	skim milk
1 1/2 cups	frozen egg substitute, thawed
12 packets	Equal Sweetener (1/2 cup)
2 cups	vanilla nonfat frozen yogurt, softened
2 Tbsp.	vanilla extract
Freshly grated nutmeg and cinnamon	

1. Combine evaporated milk, skim milk, Equal Sweetener and egg substitute in a large pitcher, stirring well. Chill mixture thoroughly.
2. To serve, transfer chilled mixture to a large punch bowl. Stir in softened frozen yogurt and vanilla.
3. Sprinkle with freshly grated nutmeg and cinnamon as desired. Serve immediately.

Nutritional Analysis (per serving):

Serving	1/2 cup
Calories	75
Sodium	83 milligrams
Fat	1 gram
Cholesterol	2 milligrams
Saturated fat	less than 1 gram

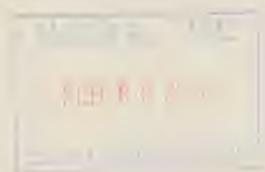
Diabetic Exchanges

Milk Exchange	1
---------------------	---





FOOD FOR HEALTH AND SOUL



A nutrition curriculum to help you decrease your risk of heart disease, cancer and diabetes by the preparation of healthy “soul food” and other family favorites.

Developed by Joyce M. Woodson, M. S., R. D. and Millicent Braxton-Calhoun, M. S.

July 2000



The University of Nevada, Reno is an equal opportunity/affirmative action employer and does not discriminate on the basis of race, color, religion, sex, age, creed, national origin, veteran status, physical or mental disability and in accordance with university policy, sexual orientation, in any program or activity it operates. The University of Nevada employs only United States citizens and aliens lawfully authorized to work in the United States.

CM-00-04



CONTENTS

I.	Introduction	
II.	Lessons	Page
1.	Healthy Eating Using Food Labels	1
2.	Lookout for Salt, Sodium.....	7
3.	Spice Is Nice, Herbs too.....	12
4.	Lookout for Fat	18
5.	Eat Your Fiber, Like Grandma Says.....	26
6.	Make it Naturally Sweet	29
7.	Buffet for Health and Soul.....	35



FOOD FOR HEALTH AND SOUL

INTRODUCTION

BACKGROUND INFORMATION

Research indicates that African Americans suffer a disproportionately high incidence of chronic disease. Hypertension, stroke, heart disease, cancer and diabetes are among the ten leading causes of death (heart disease is number one, followed by cancer as number two). According to "Healthy People 2010," the incidence of heart disease is more than 40 percent higher for African Americans than for whites. In addition, in 1995, the age-adjusted death rate for heart disease was 42 percent higher in African American males than in white males and 65 percent higher in African American females than in white females. The incidence of hypertension is nearly 40 percent higher in African Americans than in whites and the effects of hypertension are more frequent and severe in this population. Age adjusted data show the incidence of stroke to be 80 percent higher in African Americans than in whites. The incidence of all cancers is 30 percent higher for African Americans than for whites. More African Americans die of cancer than any other ethnic group. African Americans die of cancer at a rate 34 four percent higher than that of whites and more than twice the rate of Asian/Pacific Islanders, Native Americans and Hispanics. "Healthy People" further states disparities in the rate of diabetes and its complications. The incidence of diabetes is five times higher in minority populations than in the white population. Death from diabetes is twice as high in African Americans as in whites and two and a half times that in Hispanics.

Family history, smoking, lack of physical exercise, obesity, diet and stress are risk factors for chronic disease. We cannot change family history, but we can change lifestyle behaviors to lessen risk. Diet is a major risk factor associated with hypertension, stroke, heart disease, cancer and diabetes. For example, one-third of all cancers and two-thirds of all heart disease (coronary heart disease) are related to eating habits. Food choices and food preparation methods can be modified to lower the risk of these diseases.

(

0

0

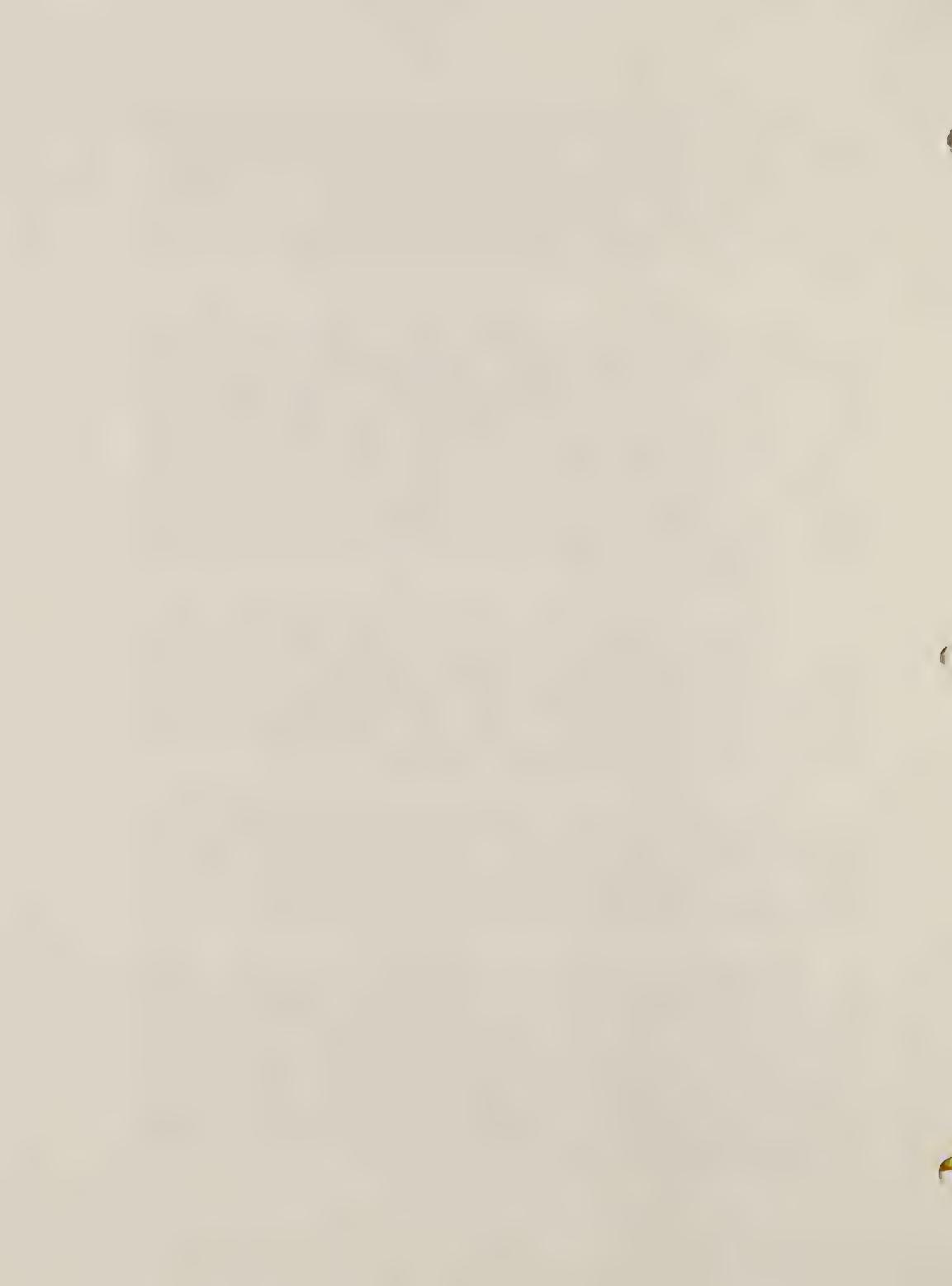
In 1998, USDA's Center for Nutrition Policy and Promotion released Healthy Eating Index: 1994-1996. The results revealed that the food choices of most Americans need improvement. Shirley R. Watkins, Under Secretary for Food, Nutrition and Consumer Services, said, "We have a lot of work to do, to help all Americans eat a healthful diet." The report revealed that the quality of the diets of African Americans lagged behind that of other ethnic groups.

The practice of using salt and foods high in salt and/or sodium has been associated with an increased risk of hypertension (high blood pressure) in some people. The DASH diet (Dietary Approaches to Stop Hypertension) has been found to be effective in lowering high blood pressure, especially in African Americans. The research supporting the DASH diet found that the inclusion of low fat dairy products, along with a high intake of fruits and vegetables and grain products, lowered blood pressure. In the DASH regimen meat intake is no more than 6 ounces per day and fat and cholesterol are kept low. High salt, high fat snacks and high sugar, high fat sweets are replaced with fruits.

Traditionally, African American cuisine has been high in fat, salt and sodium. Fat was used to flavor and enhance the taste of food. Frying and boiling were the primary methods of cooking. Fat (lard) was used in frying and added to vegetables. Smoked and cured meats added to "season" vegetables or stock, were high in salt and fat. Other meats were often preserved in salt. Salt was also used to season foods.

Fiber, through the years, has decreased in the diets of many Americans due to the processing of food ingredients. "Light" bread or white breads have become preferred over whole wheat and "dark" breads. In addition, fast foods and convenience foods have become foods of choice, rather than home prepared food. Typically these foods are low in fiber.

According to food historian Jessica Harris, the African American sweet tooth is legendary; one has only to sample the difference between the traditional baking of African Americans and other groups. A lesson on sugar is included, not because sugar is related to health problems, but to address the use of sugar as the only sweetener in food preparation. An excess of any food including sugar, fat and protein, can lead to obesity and subsequent health problems. In addition an excess of sweets can displace more nutritious foods from the diet.



Traditional African American foods; peaches, watermelon, black-eyed peas, mustard greens, turnip greens, collards, cabbage, sweet potatoes, tomatoes, kale, dried beans, peas and lima beans are high in vitamins, minerals, fiber and chemical substances that fight heart disease and cancer. Ideally, these foods should be eaten more often, but prepared with less sugar, fat, salt and sodium. The method of food preparation, more often than the food choices may need to be altered. Family recipes that invoke family history and tradition and reinforce cultural identity may be used on special occasions. On these occasions (1-2 times per year) recipes may be prepared in the traditional way as handed down through the generations.

The goal of the curriculum, "Food for Health and Soul" is to decrease risk for chronic disease by encouraging families to modify their favorite recipes by decreasing sugar, fat, salt and sodium and increasing fiber-rich foods during preparation.

METHODS AND MATERIALS

The "Food for Health and Soul" curriculum is designed to be delivered through predominately African American churches by trained health coordinators, who have been appointed by their pastor, minister or priest. Ideally, health or nutrition professionals train health coordinators or volunteers. The training should include the relationship of health and nutrition, incidence of chronic diseases and risk factors, basic nutrition and procedures for teaching the curriculum.

Historically, the church has been the initiator of many activities and programs that have benefited the African American community. These programs have included health related activities that address risk factors associated with chronic disease. To be successful, it is important that health professionals, collaborating with the African American church, assure the clergy and congregation that the health project will be on-going. Usually, pastors or ministers will not involve their congregations in short-term projects. There must be a willingness to offer the same program several times in order to reach as many members of the congregation and community as possible.

Although this curriculum was designed to be taught through predominately African American churches, health or nutrition professionals can present it in other settings. The curriculum may also be modified to be culturally sensitive to other ethnic groups and cultures.

6

6

6

The curriculum consists of six lessons. The first lesson sets the stage for healthy eating, food choices and serving sizes using food labels. The next lessons use interactive exercises and discussions to teach ways to increase fiber and lower fat, sodium and sugar. Recipe preparation is included in three of the lessons, “Make it Naturally Sweet,” “Eat Your Fiber Like Grandma Says,” and “Spice Is Nice, Herbs too.” Participants are taught to use spices and herbs to flavor and season foods. Spices and herbs are also used in place of fats, salt, sodium and sugar in recipes.

The activities included in the lessons are designed to reinforce learning. In the latter, participants are encouraged to bring family recipes to the group meetings and discuss ways of modifying these family favorite recipes. At the end of each meeting, participants are asked how they plan to use the information.

The final lesson, “Buffet of Food for Health and Soul” is an opportunity for participants to share how they have modified family favorites. The participants and program sponsors (Cooperative Extension or others) contribute foods to sample. Certificates may be presented at the conclusion of the class to recognize participants’ efforts.

EVALUATION

This curriculum reflects the Stages of Change model (a transtheoretical model) including change in food preparation methods and awareness of a need to change. The Stages of Change Model looks at readiness to change a health behavior. The stages are:

- ◆ Precontemplation (no intention of changing within the next 6 months)
- ◆ Contemplation (intent to change)
- ◆ Preparation (planning to change within the next month)
- ◆ Action (changing behavior)
- ◆ Maintaining (continuing changed behavior for 6 months)

To assess participant’s change as a result of this program, users may want to consider administering pre and posttests. In addition, we have found it helpful to re-administer the test as a post-post-test several months after conclusion to assess movement along the stages and maintenance.

v

{

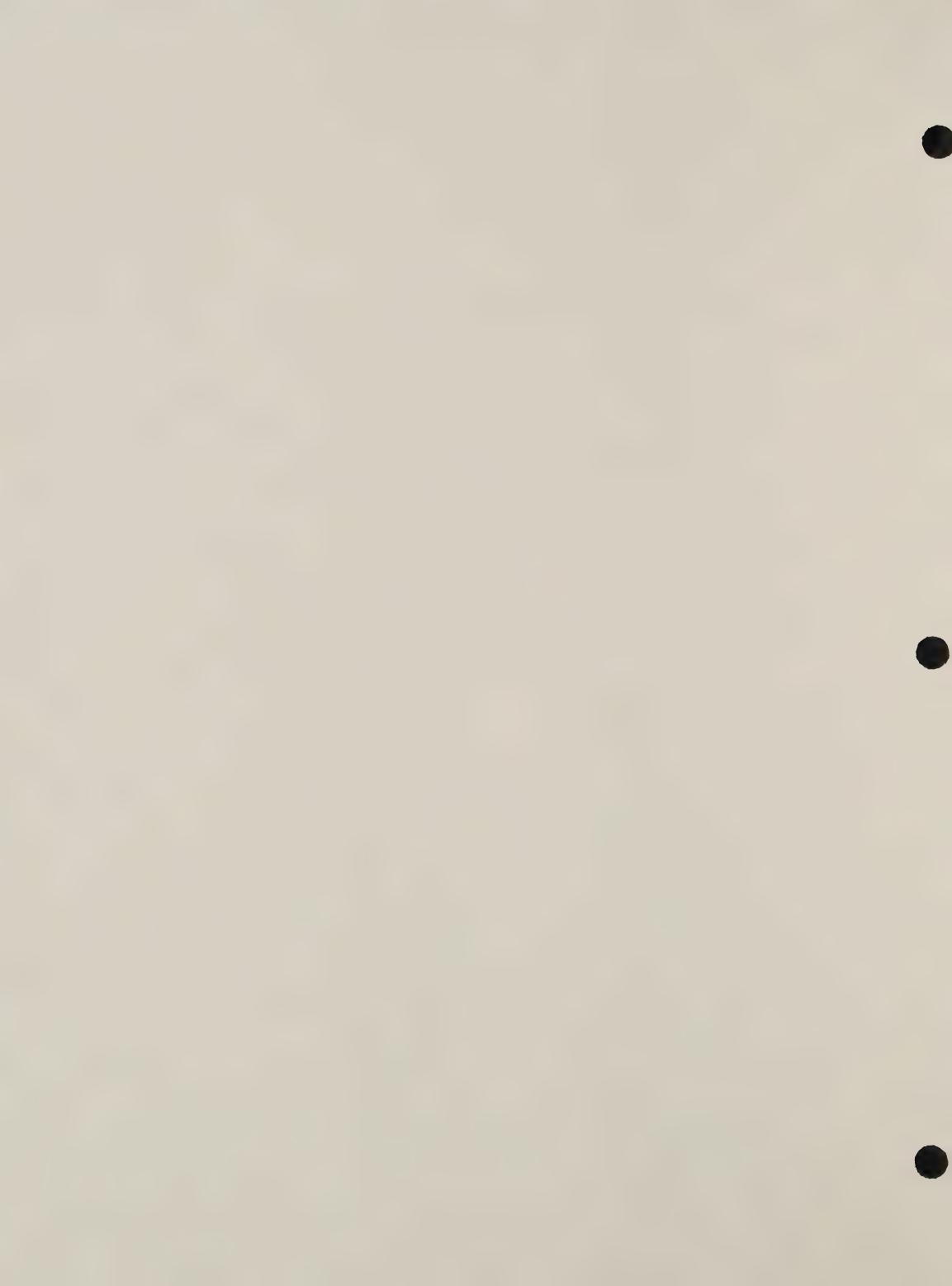
(

One possible instrument may be the Eating Style Questionnaire (ESQ) developed by Margaret K. Hargeaves and other researchers at Meharry Medical College. The ESQ was found to be useful in working with African American women. The ESQ can be used to assess if the participants have modified food preparation methods to lower fat, sodium and sugar, and to increase fiber.

The pre-survey may identify where the group or individual is at the beginning of the series. It may also provide the trainer with information on points to emphasize as participants move through the series. By the conclusion of the class, the post survey will indicate if the group or individual has moved forward, remained the same or regressed.

ACKNOWLEDGEMENTS:

This curriculum was developed over a period of 18 months. Feedback and suggestions obtained from health coordinators and participants from the faith community in Las Vegas, Nevada, were extremely beneficial throughout the process. Extension nutrition specialists from different parts of the country participated in a peer review of the curriculum. The completed curriculum was tested with participants at two faith community sites in Las Vegas. We appreciate the assistance of all of the above in completing this project.



LESSON 1: HEALTHY EATING USING FOOD LABELS

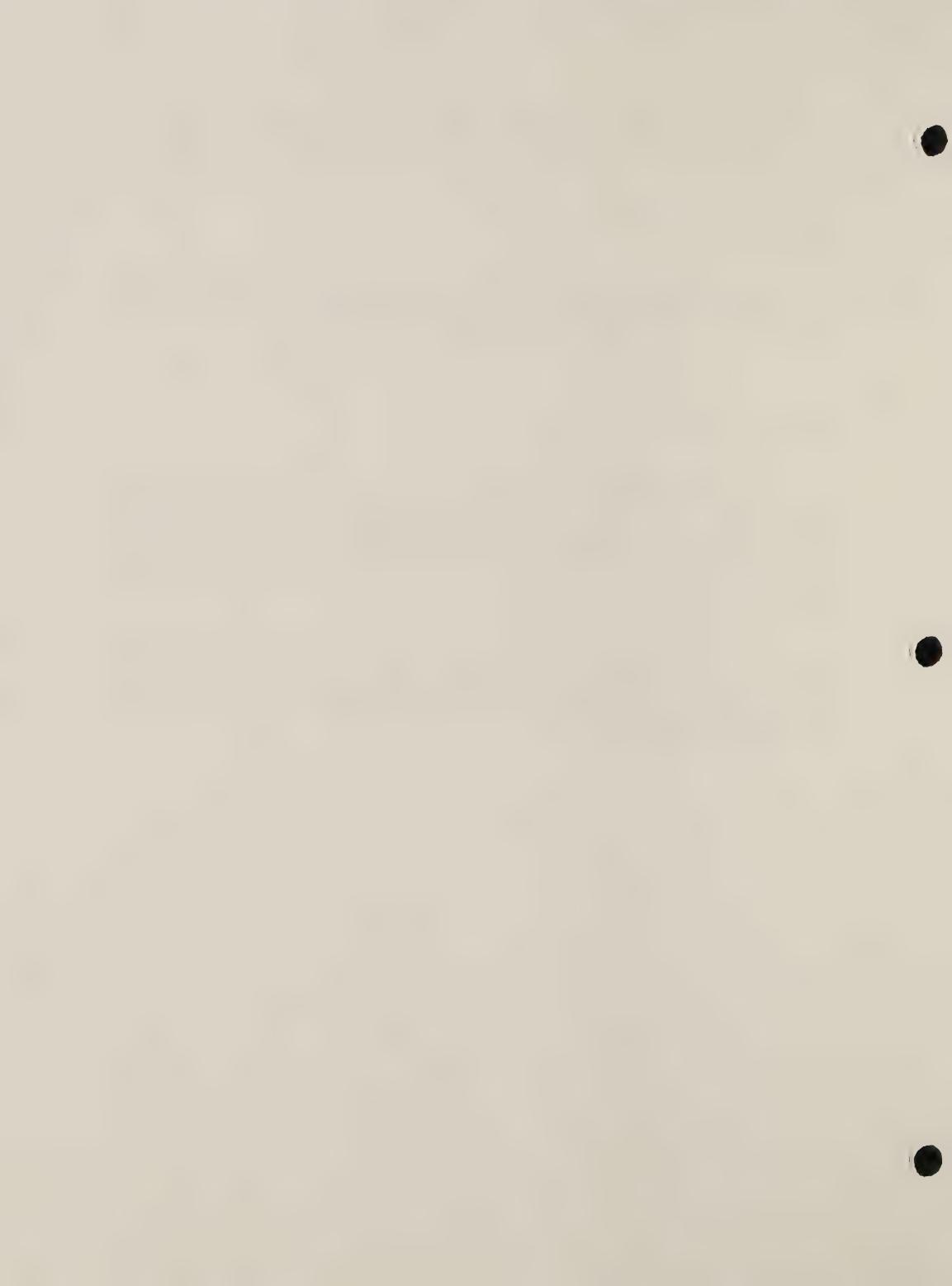
OVERVIEW

The Food Label is a very useful resource to help make healthy food choices and to select healthy food preparation methods.

a. Food Labels

The food label may describe a food as low fat, fat free, reduced fat or high in fiber. The ingredient list on the food label will give ingredients in descending order by weight, the main ingredient is listed first and the smallest ingredient is listed last. We may see salt, sodium-containing ingredients, sugars, fats and oils in this list.

The Nutrition Facts panel will give information such as serving size and number of servings in the package. The panel also lists amounts of nutrients in one serving such as fat, cholesterol, sodium and fiber, as well as vitamins and minerals.



Lesson 1: Teaching Guide

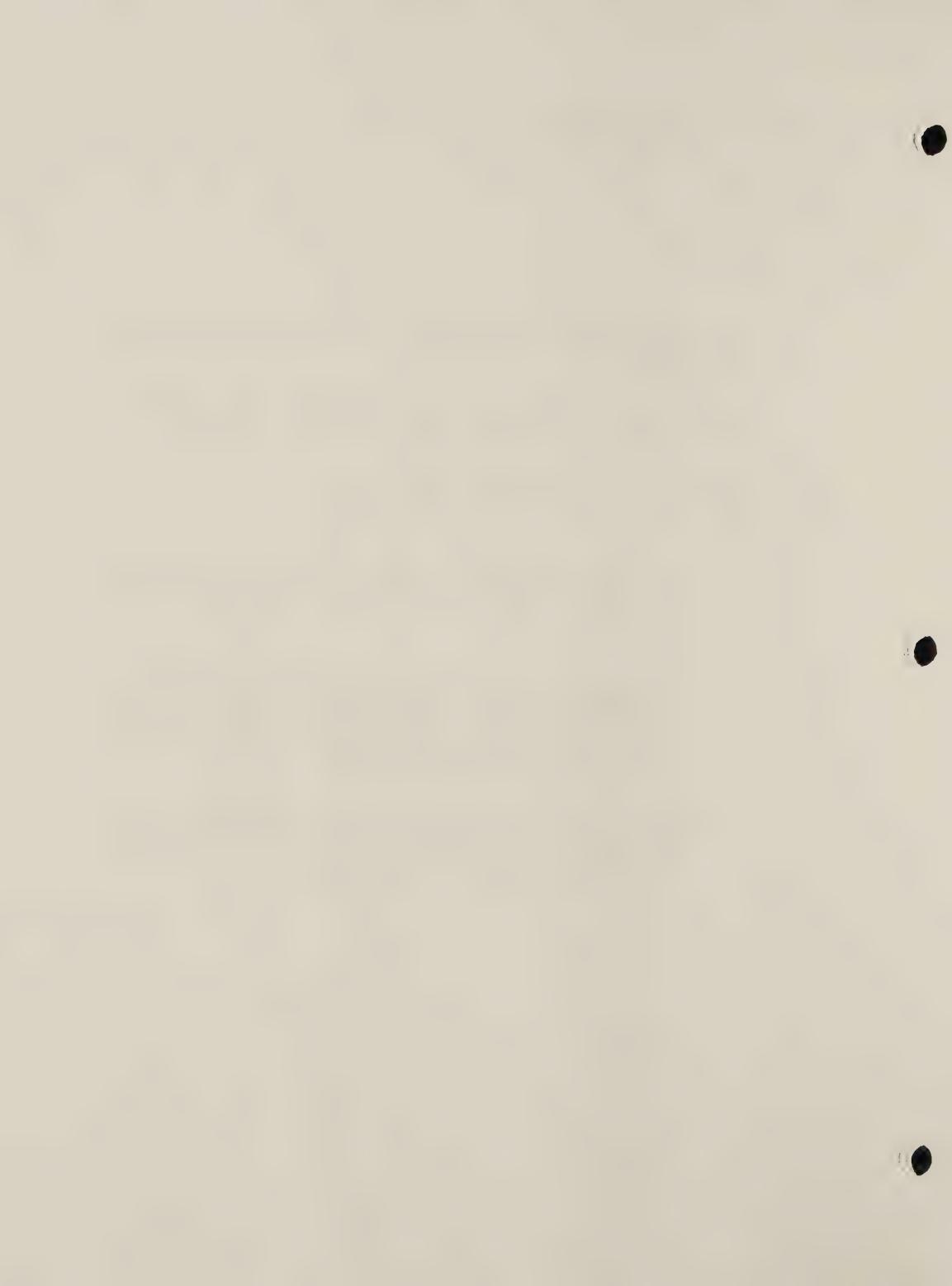
Objectives

Participant will:

1. Be able to use the food label to look for sugar, fat, salt and sodium in the product.
2. Be able to use “Nutrition Facts” to check for the amount of sugar, fat, salt, sodium and fiber in a product.

Key Points to Cover When Teaching the Lesson:

1. The Food Label gives important descriptive information on the product or food such as low fat, fat free, reduced fat or high in fiber.
2. The ingredient list on the food label gives ingredients in descending order by weight. The main ingredient is listed first and the ingredient in least amount is listed last. Salt, sugar and fat may be seen on this list.
3. The Nutrition Facts panel in the food label will give information on the serving size and number of servings in the package, as well as nutrient content.



Materials and Supplies:

1. Handouts – “Label Reading for Better Eating”
2. Measuring cups.
3. Overhead or poster of “Nutrition Facts.”
4. Food labels from a variety of packaged products.
5. Binders for participants.
6. Copies of the pretest and pencils or pens.
7. Name tags.

Before Teaching the Lesson

1. Review information on food labels, lesson overview and all handouts.
2. Gather all materials and supplies.

Warm Up:

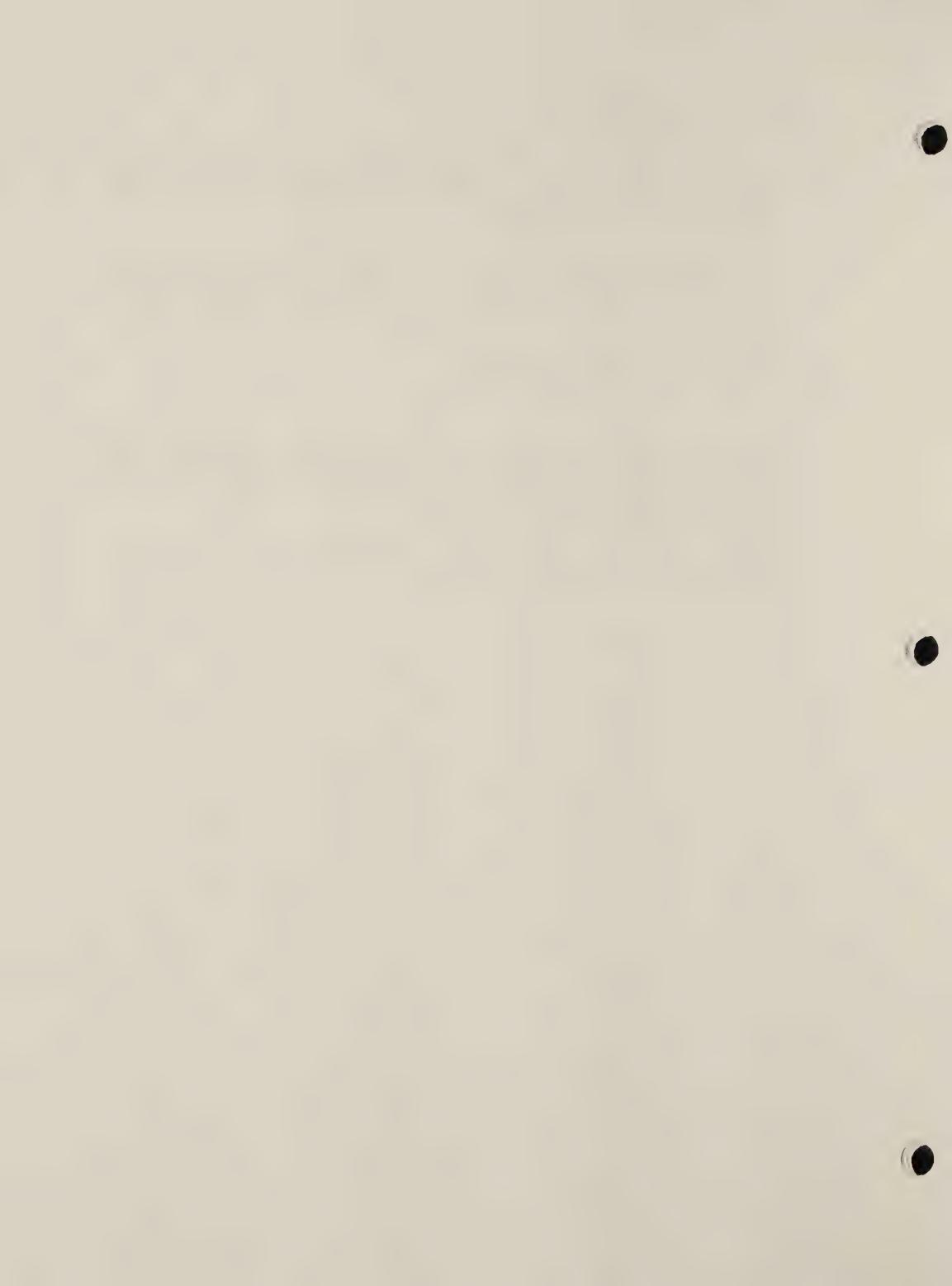
1. Introduction of all participants, church representatives and Cooperative Extension staff and faculty.
2. Ask participants what they expect to gain from the series. Take notes of responses for future planning.



3. Review lesson dates, times and topics.
4. Administer the pretest. Tell the group that there are no right or wrong answers. Collect pretests. Explain the importance of the pretest and posttest in the learning process.
5. Distribute participant notebooks and explain how notebooks are organized. Stress the importance of bringing the notebook to each session.

Procedure for Teaching the Lesson:

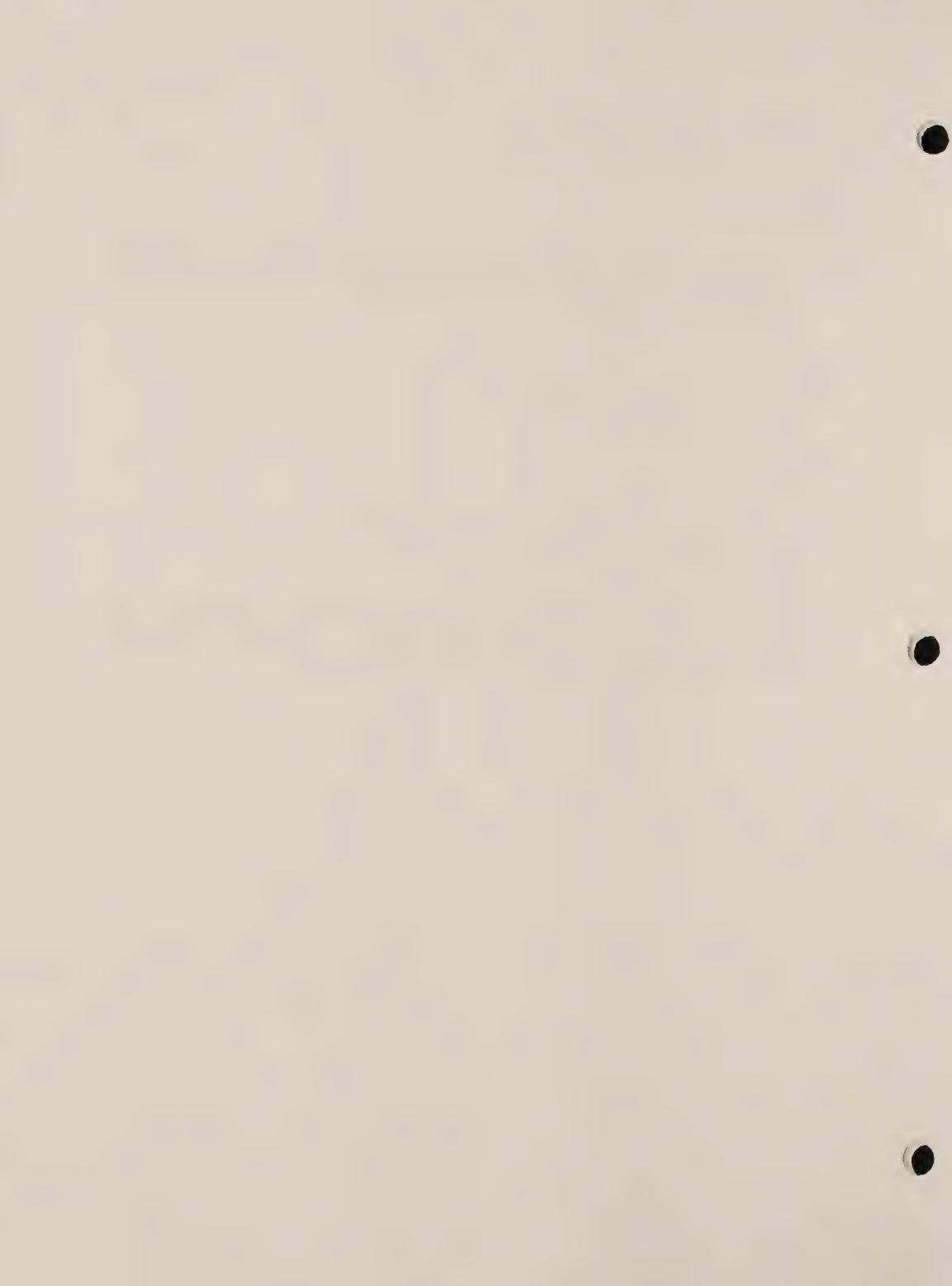
1. Distribute food labels. Identify salt and sodium in the ingredient list. Review the Nutrition Facts panel; point out the different sections of the panel. See instructions for activity.
2. Remind the group of the topic, time and location of the next lesson.



Activity: Reading Food Labels

Instructions:

1. Distribute handout “Label Reading for Better Eating.” Discuss information on food labels and call attention to the sections on the Nutrition Facts panel:
 - Serving sizes
 - Fat, cholesterol and sodium
 - Vitamins and minerals
 - Daily values
 - Ingredients
2. On the back of handout, allow participants to complete the exercise comparing the labels.
3. Hand out various food labels to participants. Point out serving sizes and amount of calories, fat, fiber and sodium. Question participants regarding the effect of eating in excess of serving size.



Lesson 2 LOOKOUT FOR SALT and SODIUM

OVERVIEW

Salt

Salt has been used as a food preservative, especially for meat and fish, for over 200 years. Vegetables and fruits have also been preserved using salt. Today, salt and sodium-containing ingredients are used in food preparation and processing. Salt is also used to bring out the natural flavor of food.

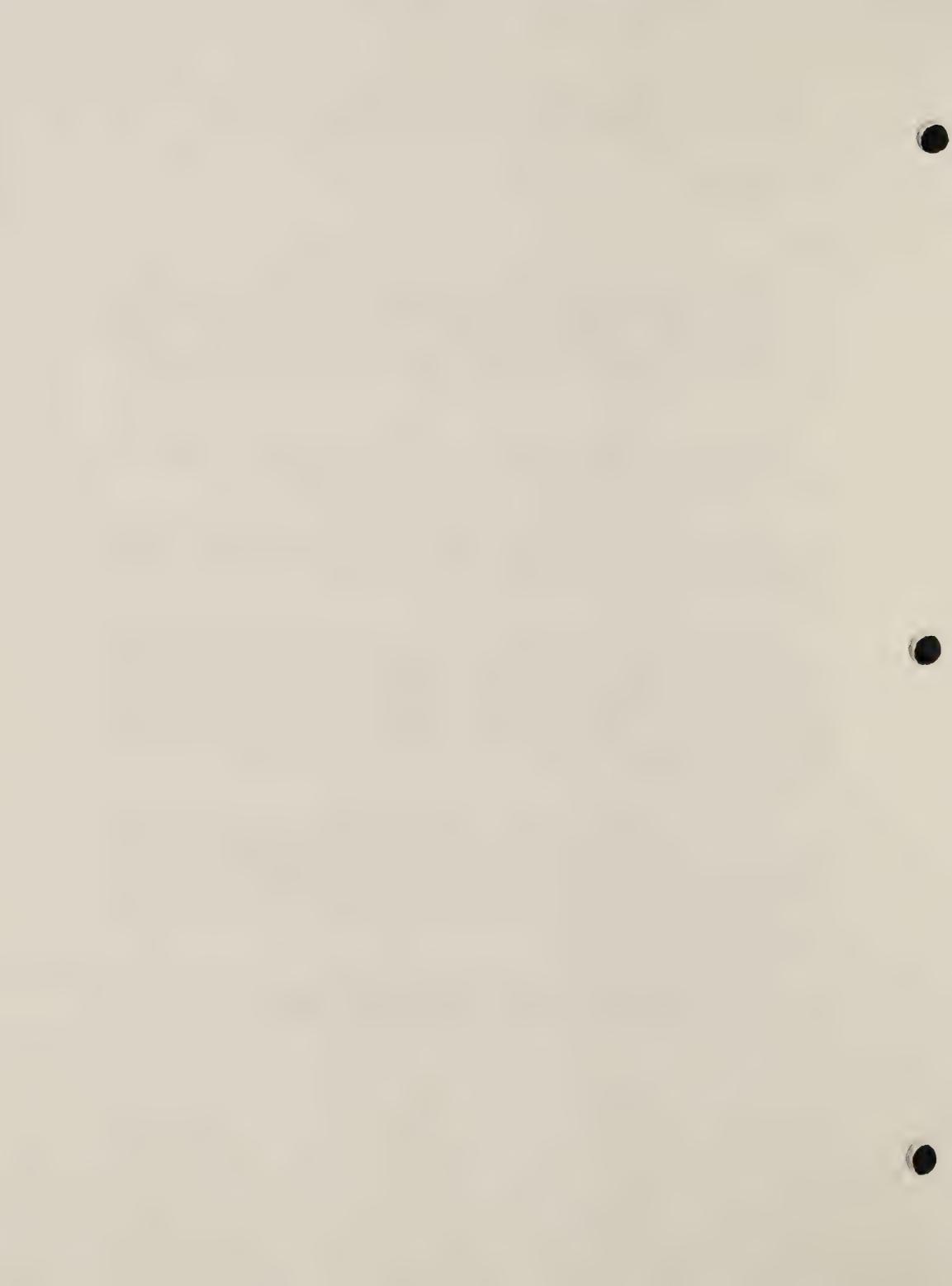
Salt is 40 percent sodium and 60 percent chloride. Of the two minerals, sodium is the one linked to serious health problems.

Salt and sodium have been linked to high blood pressure (also known as hypertension). The incidence of hypertension is high in the African American population, making this an important lesson.

The ingredient list may show salt and three or four sodium-containing ingredients. The “Nutrition Facts” panel will show the amount of sodium in one serving of the product. Food labels should be carefully inspected for salt and sodium. The recommended amount is no more than 2,400 milligrams per day. However, one serving of a product may have over 1,000 milligrams of sodium.

Convenience packaged foods and processed frozen foods are high in sodium and frequently used to save time in food preparation. Rinsing canned vegetables will reduce the sodium content. However, there will be a loss of water-soluble Vitamin C and B vitamins (Thiamin, Riboflavin, Niacin, B12 and Folic Acid).

Lowering salt and sodium is possible. Low-salt and no-salt food items are appearing in supermarkets in increasing numbers.



Lesson 2: Teaching Guide:

Objectives

Participant will:

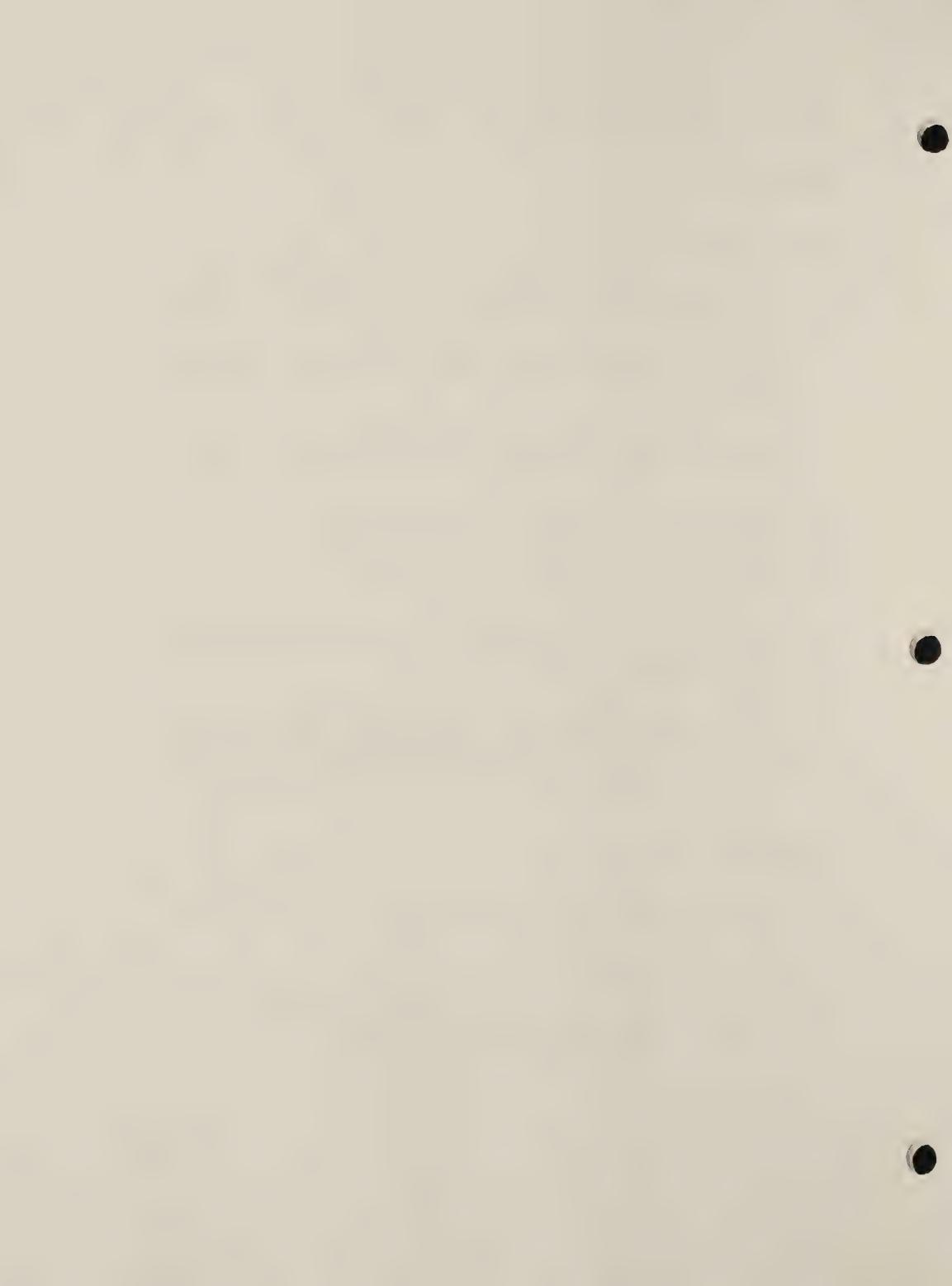
1. Recognize that salt and sodium are linked to high blood pressure.
2. Know how to use the food labels to limit use of salt and sodium.
3. Know that cured meats and processed foods are high in sodium.

Key Points to Cover When Teaching the Lesson on Salt:

1. Salt has been associated with hypertension.
2. Convenience packaged foods and processed frozen foods are usually high in sodium.
3. The ingredient list and the “Nutrition Facts” panel on the food label will give information regarding the presence of salt and sodium in a product and the amount contained in a serving.

Materials and Supplies:

1. Salt and sodium overheads or flipcharts.
2. Samples of a variety of food labels.
3. Handout – “Better Health with Less Salt and Sodium”
“Smoked Turkey/Smoked Hocks”
4. Name tags.



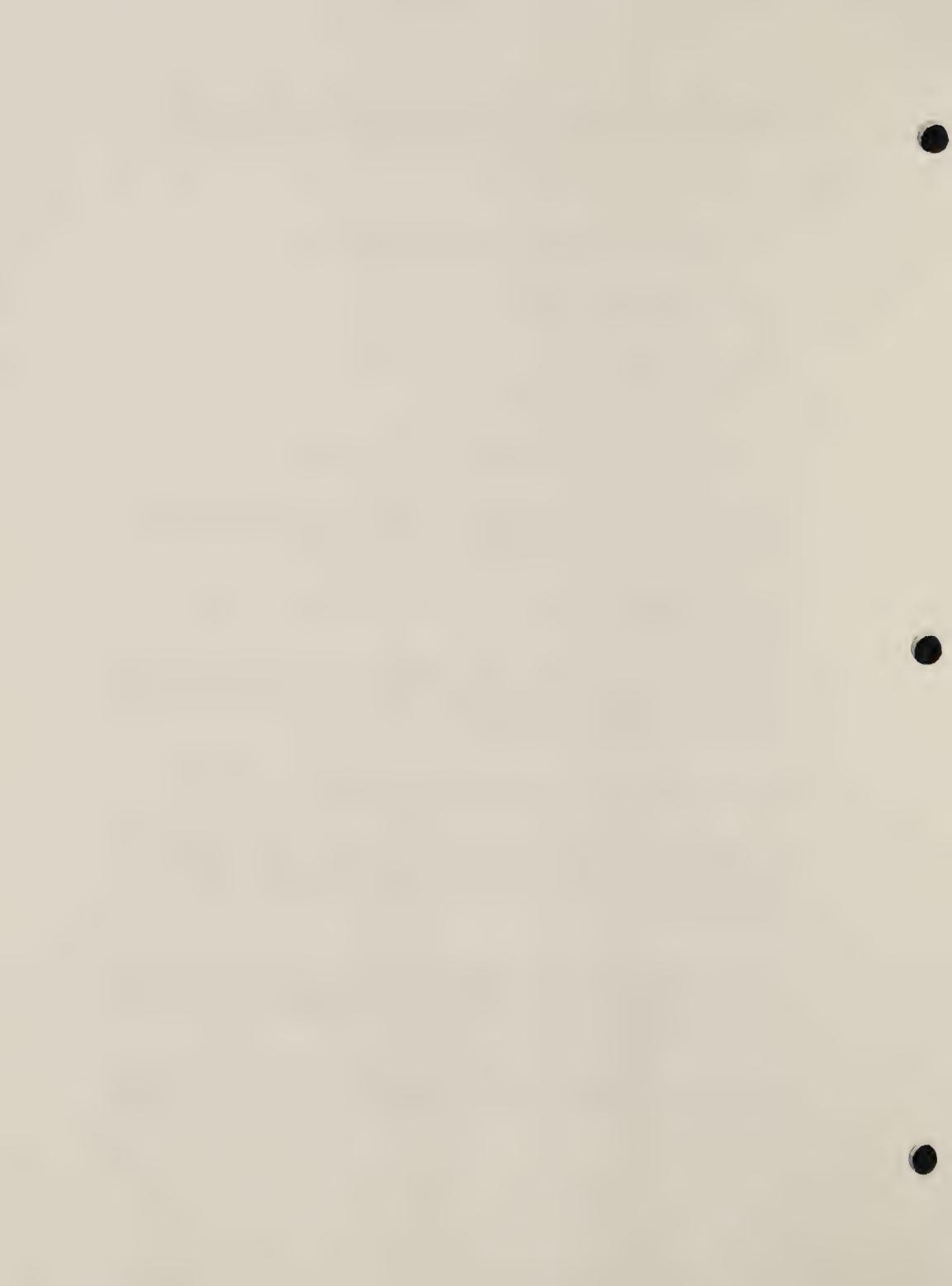
Ingredients for recipe (, macaroni and cheese or potato salad). Utensils for tasting, including small plates, napkins, forks, spoons and table cover.

Before Teaching the Lesson:

1. Select overheads or flipcharts and review them.
2. Gather materials and supplies.
3. Review lesson overview.

Procedure for Teaching the Lesson:

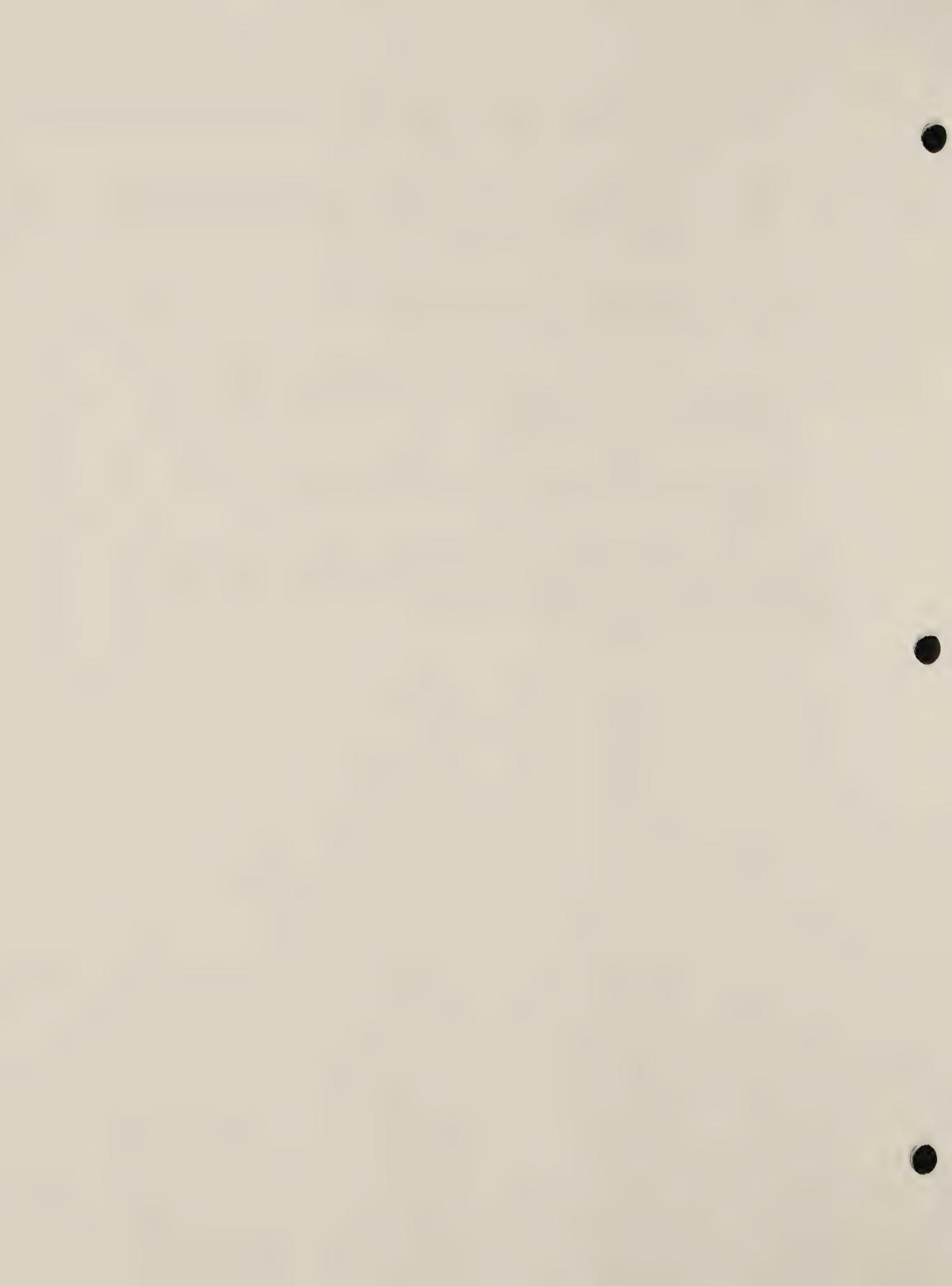
1. As participants arrive, they should pick up nametags.
2. Ask if there are questions about the last lesson. Question participants about how they used information from the last lesson.
3. Discuss selected recipe and start recipe preparation. Lesson can be presented as food cooks.
4. Present information on the role of salt and sodium in food preparation (overhead #1). Ask participants: Why do we use salt in food preparation? Show overhead #2.
5. Explain that salt is composed of sodium and chloride (overhead 3).
6. Mention the fact that salt and sodium have been linked to high blood pressure, also known as hypertension (overhead #s 4 and 5). Tell participants about our daily-recommended amounts of sodium. Show overhead #6.
7. Ask participants to name foods high in salt and sodium. Share information regarding sources of high sodium in our food supply using overheads or flipchart (overheads #s 6, 7, 8, 9, 10, 11 and 12).
8. Ask if any participant has limited the amount of salt or sodium in meal preparation and how. Ask participants to take out “Smoked



Turkey/Smoked Hocks” handout. Compare sodium in each. Review “Better Health with Less Salt & Sodium.”

9. Distribute food labels. Have participants sit in groups and discuss the sodium found on ingredients listed on food labels and the amount of sodium in one serving of the product.
10. Continue presentation discuss lowering sodium and using low-salt foods (overhead #s 13, 14, 15, 16 and 17).
11. Prepare table for recipe tasting. Ask participants to share the recipes they brought to class. Discuss changing recipes to lower salt and sodium content.
12. Ask participants how they plan to use the information from this lesson.

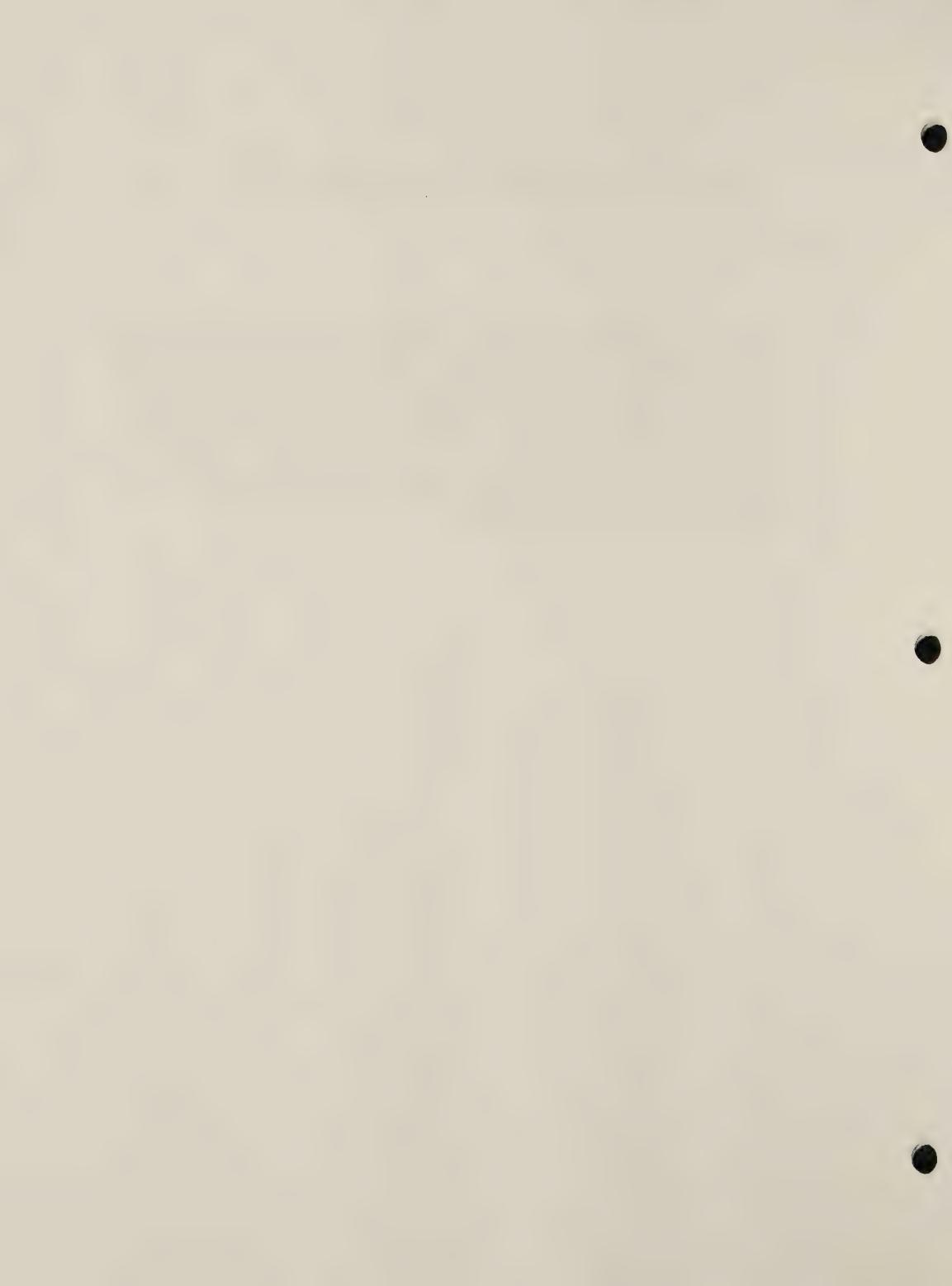
Explain to the group that the lesson “Spice Is Nice, Herbs too” will focus on uses of spices and herbs in place of salt in food preparation. Two recipes will be prepared during the lesson.



LESSON 3: SPICE IS NICE, HERBS TOO

OVERVIEW

Spices and herbs are great to use in flavoring, enhancing the taste of, and in seasoning food. Spices come from the bark, buds, fruits, roots, seeds or stems of plants and trees. Spices are usually dried; the exceptions are garlic and ginger root. Herbs are the fragrant leaves of plants. In using spices and herbs it is good to know which is best with specific foods. It is also fun to experiment. We can cater to our individual taste and that of our family. The increased use of spices and herbs is occurring as they are used to replace salt and fat in food preparation.



Lesson 3: Teaching Guide:

Objectives

Participants will:

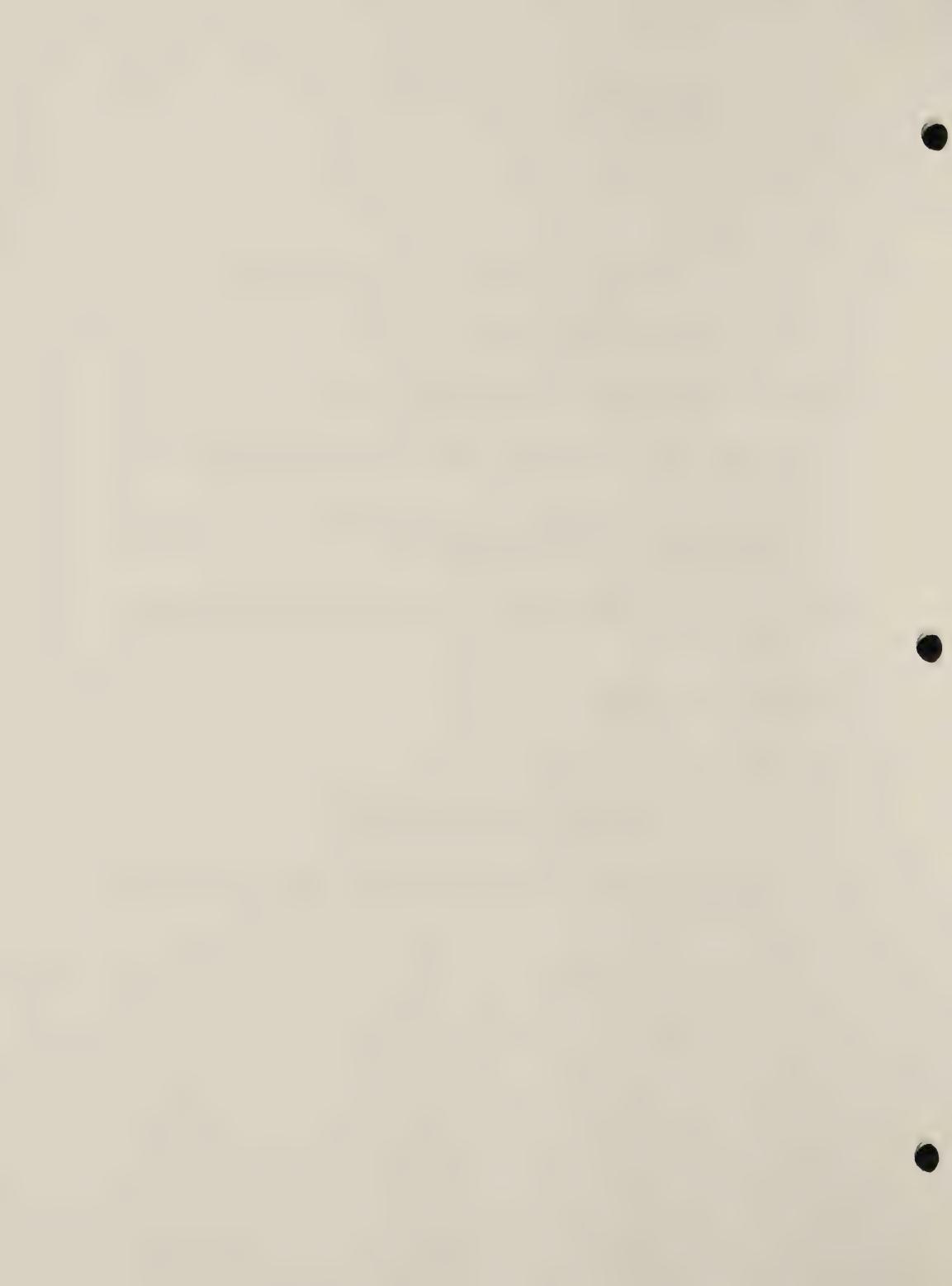
1. Know how to select spices and herbs for use in food preparation.
2. Modify a recipe using spices or herbs.

Key Points to Cover when Teaching this Lesson:

1. Spices and herbs can be used to replace and reduce salt and fat in food preparation.
2. When using spices and herbs we need to know which spice or herb is best to enhance the flavor of a particular food.
3. Experiment with different spices and herbs, with awareness of personal and family taste.

Materials and Supplies:

1. Samples of spices and herbs.
2. Handout – “Instead of Salt Use Spices and Herbs”
“Spices and Herbs with Vegetables”
3. Seasoning Recipes – Spice of Life, No-Salt Seasoning Mix, Zesty Herb Seasoning.
4. Ingredients for recipe.
5. Zip lock bags.



Before Teaching the Lesson:

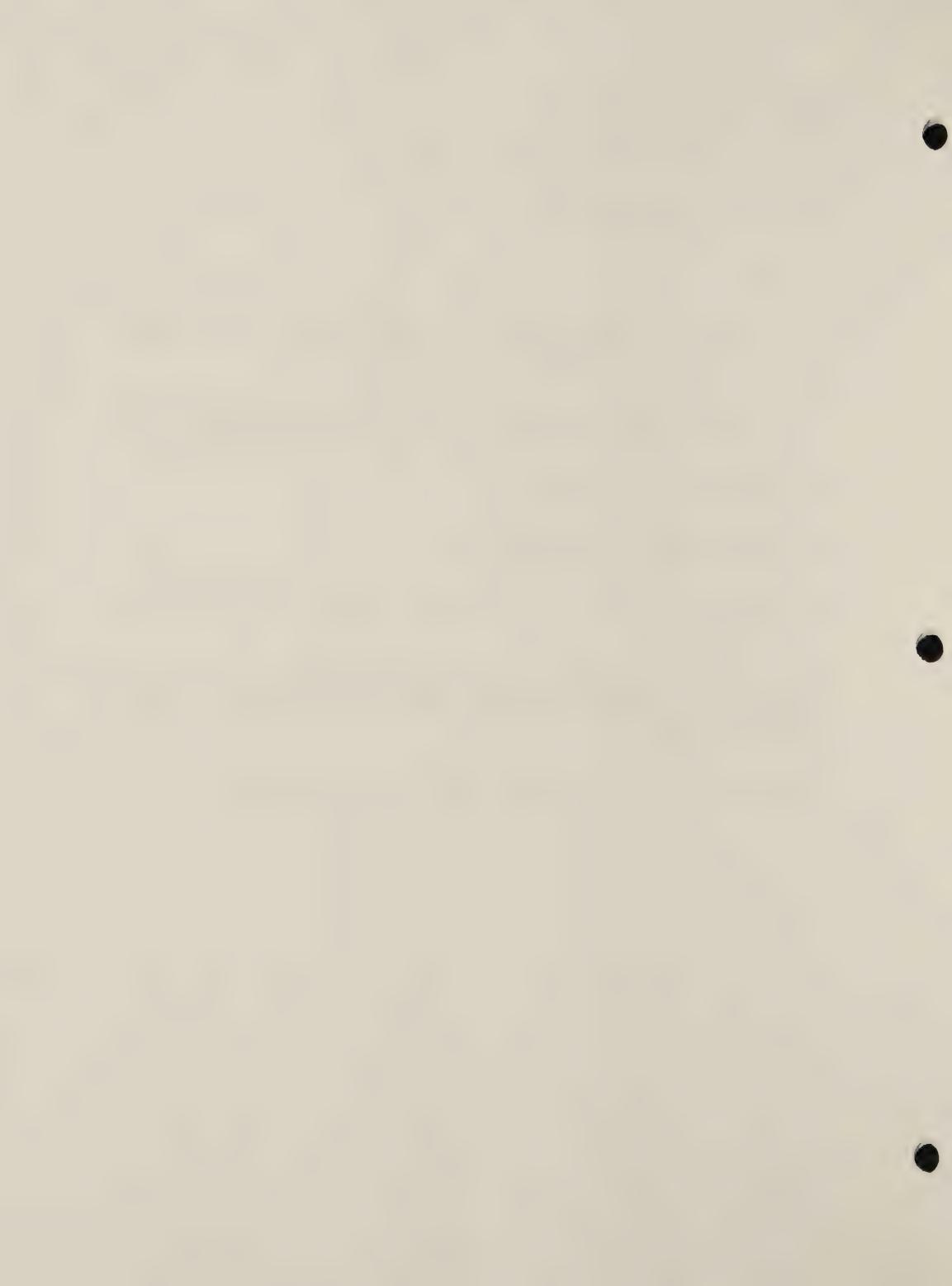
1. Review overview, handouts and all recipes.
2. Gather materials and supplies.

Warm Up:

1. Ask if there are questions about salt or sodium. Question participants about how they used information from the last lesson.
2. Ask participants to name a spice or herb. As one person names a spice or herb, the next person will name the same spice or herb plus another.

Procedure for Teaching the Lesson:

11. Discuss handouts on spices and herbs.
12. Divide the group into smaller groups for recipe preparation. Review seasoning recipes.
13. Make sure the serving area is clean. Cover clean table with a clean cloth. Place jars of seasoning and zip lock bags on table. Group will prepare seasoning packets.
14. Encourage group to try out their sample before the next class.



Lesson 4 LOOKOUT FOR FAT

OVERVIEW

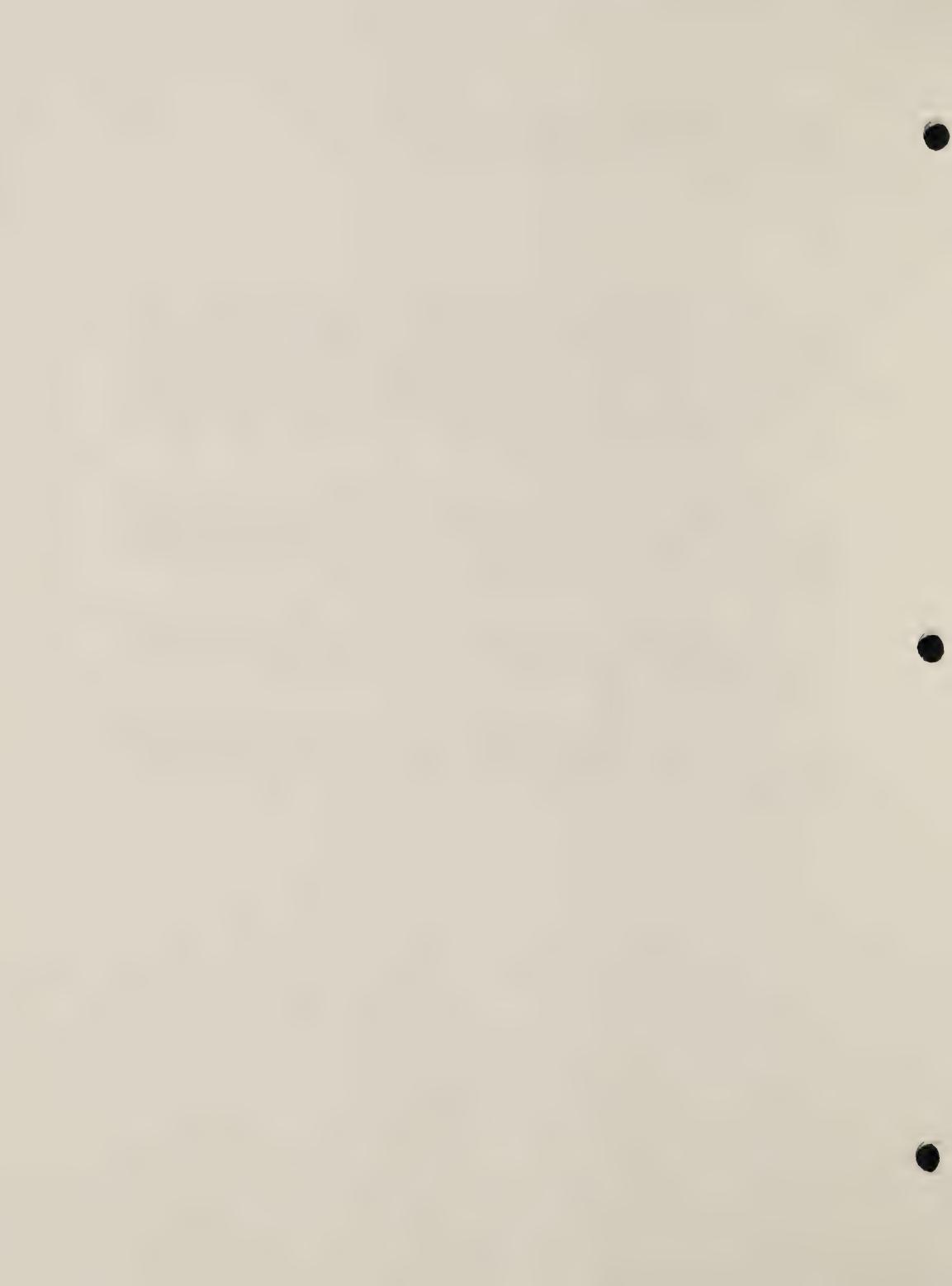
Fat

Research shows that fat is associated with chronic disease such as heart disease, obesity and some types of cancer. Cutting back on the amount of fat that we eat each day may protect us from these diseases. Fat adds taste and smell to foods. Health professionals recommend that we eat no more than 30% of our calories per day from fat. Many of us have a daily intake of fat higher than the recommended amount.

There are three main kinds of fats; saturated, polyunsaturated and monounsaturated fat. It is important that we limit all fats and especially saturated fats. Saturated fats are found in animal food sources and in plant sources as tropical oils (palm, palm kernel and coconut).

The food label is a good resource for finding fat in packaged foods. The “Nutrition Facts” panel will give the amount of each type of fat in one serving of the food product.

It is possible to reduce the amount of fat used in recipes and in the preparation of foods. Careful attention to this effort will give us foods we can enjoy.



Lesson 4: Teaching Guide

Objectives

Participant will:

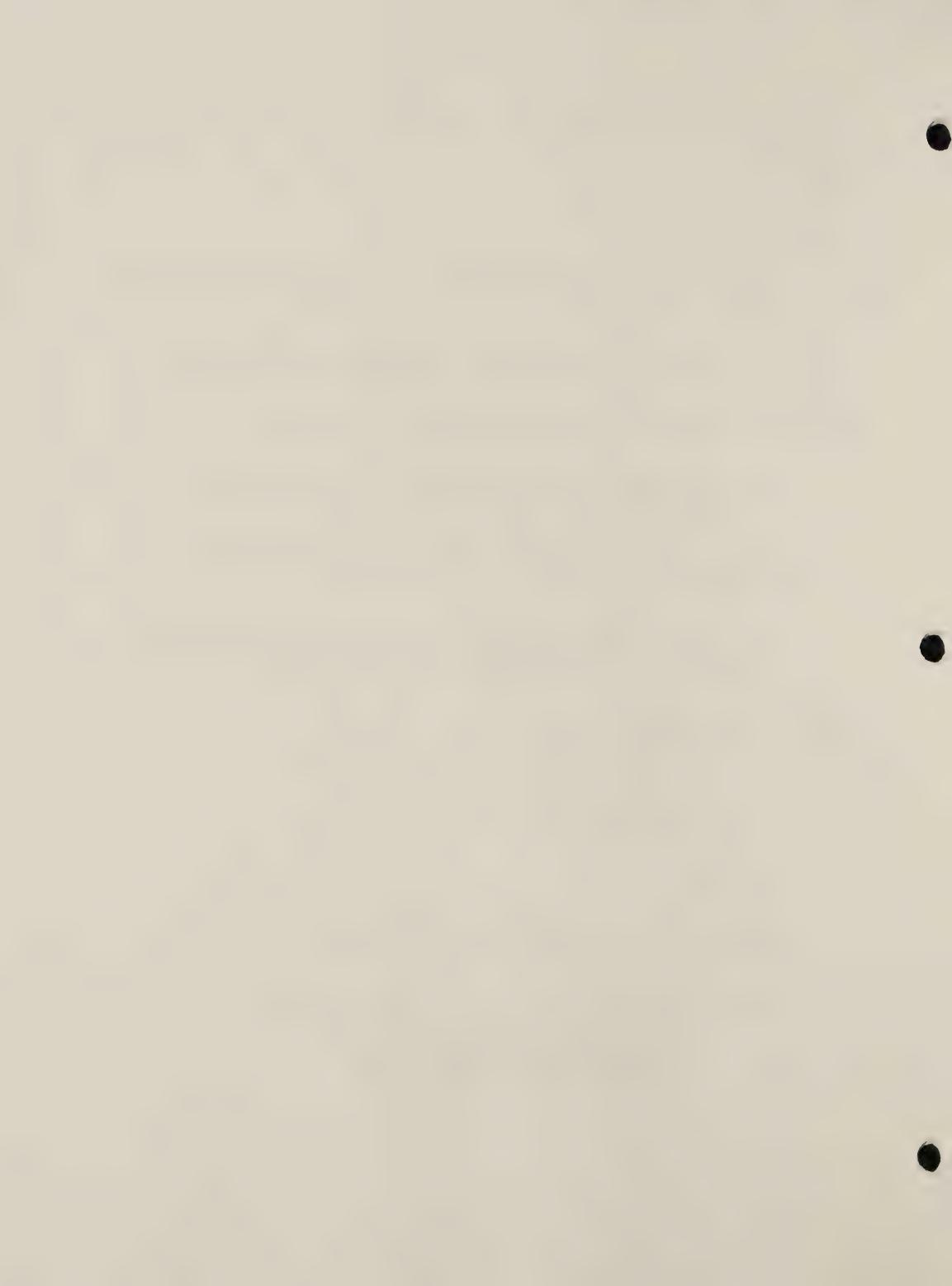
1. Know how to determine the presence and amount of fat in packaged foods.
2. Learn methods of decreasing fat in recipes and in food preparation.

Key Points to Cover When Teaching the Lesson on Fat:

1. Research shows that fat is associated with chronic diseases such as heart disease, obesity and some types of cancer.
2. It is important that we limit all fats especially saturated fats (animal fats).
3. “Nutrition Facts” panel of the food label gives information on the types of fat and the amount in a serving of a product.

Materials and Supplies:

1. Overheads or flipcharts.
2. Samples of food labels.
3. Name tags.
4. Ingredients for recipe (mixed greens or potato salad).
5. Handouts, “Eat Less Fat”
“Comparison of Fatty Acid Percentages”
“Heart Healthy Substitutions”
“Smoked Turkey/Smoked Hocks”

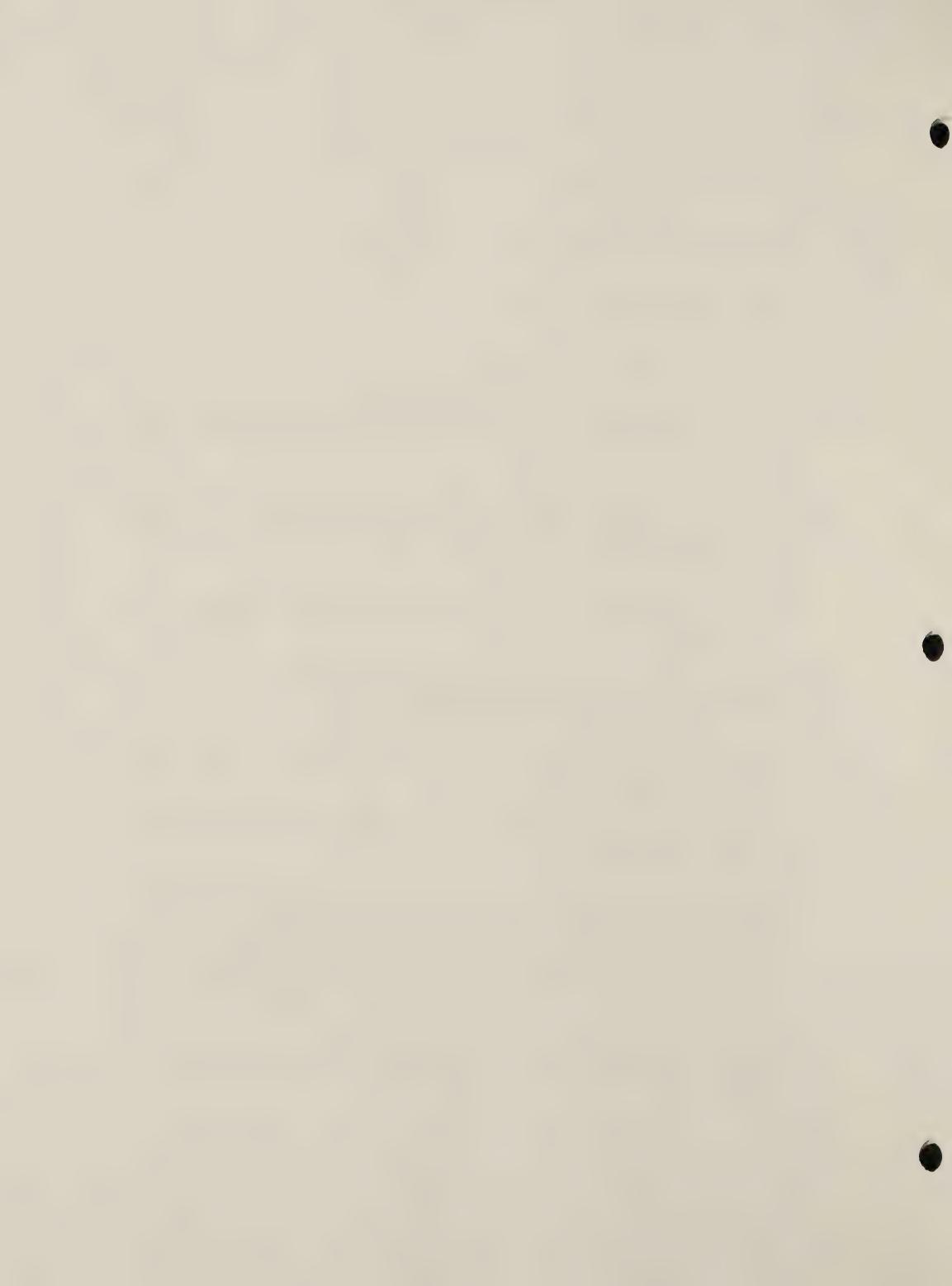


Before Teaching the Lesson:

1. Review lesson overview.
2. Select overheads or flipcharts.
3. Gather materials and supplies.

Procedure for Teaching the Lesson:

1. As participants arrive they should pick up nametags. Discuss selected recipe and start recipe preparation. Lesson can be presented as food cooks.
2. Show lesson title (overhead #1). Present lesson giving the role of fat in food (overhead #2). Mention that too much fat can place people at risk for diseases (show overhead #3).
3. Discuss the kinds of fats using overheads or flipchart (overhead #s 4, 5, 6, 7 and 8).
4. Ask participants to take out the handout “Comparison of Fatty Acid Percentages.” Discuss the fats and oils shown.
5. Distribute food labels; ask participants to talk about the food label information related to fat.
6. Using overheads or flipchart, discuss the role of low-fat products to decrease fat (overhead #9).
7. Discuss other methods used to decrease fat as suggested on overheads or flipchart (overhead #s 10, 11 and 12). Ask participants to take out the following handouts: “Smoked Turkey/Smoked Hocks,” “Eat Less Fat” and “Heart Healthy Substitutions.” Discuss each handout with the group.
8. Discuss ways of lowering and replacing fat (overhead #s 13, 14, 15, and 16).



9. Prepare table for recipe tasting. Share ideas for modifying fat in recipes using the recipes provided and recipes brought in by the group.
10. As you conclude the lesson, tell the participants that the next lesson is “Eat Your Fiber, Like Grandma Says.” Ask participants to bring recipes to the next class.
11. Discuss recipes to be prepared during the next lesson.
12. Ask participants how they will use the information from this lesson.



Lesson 5: EAT YOUR FIBER, LIKE GRANDMA SAYS

OVERVIEW

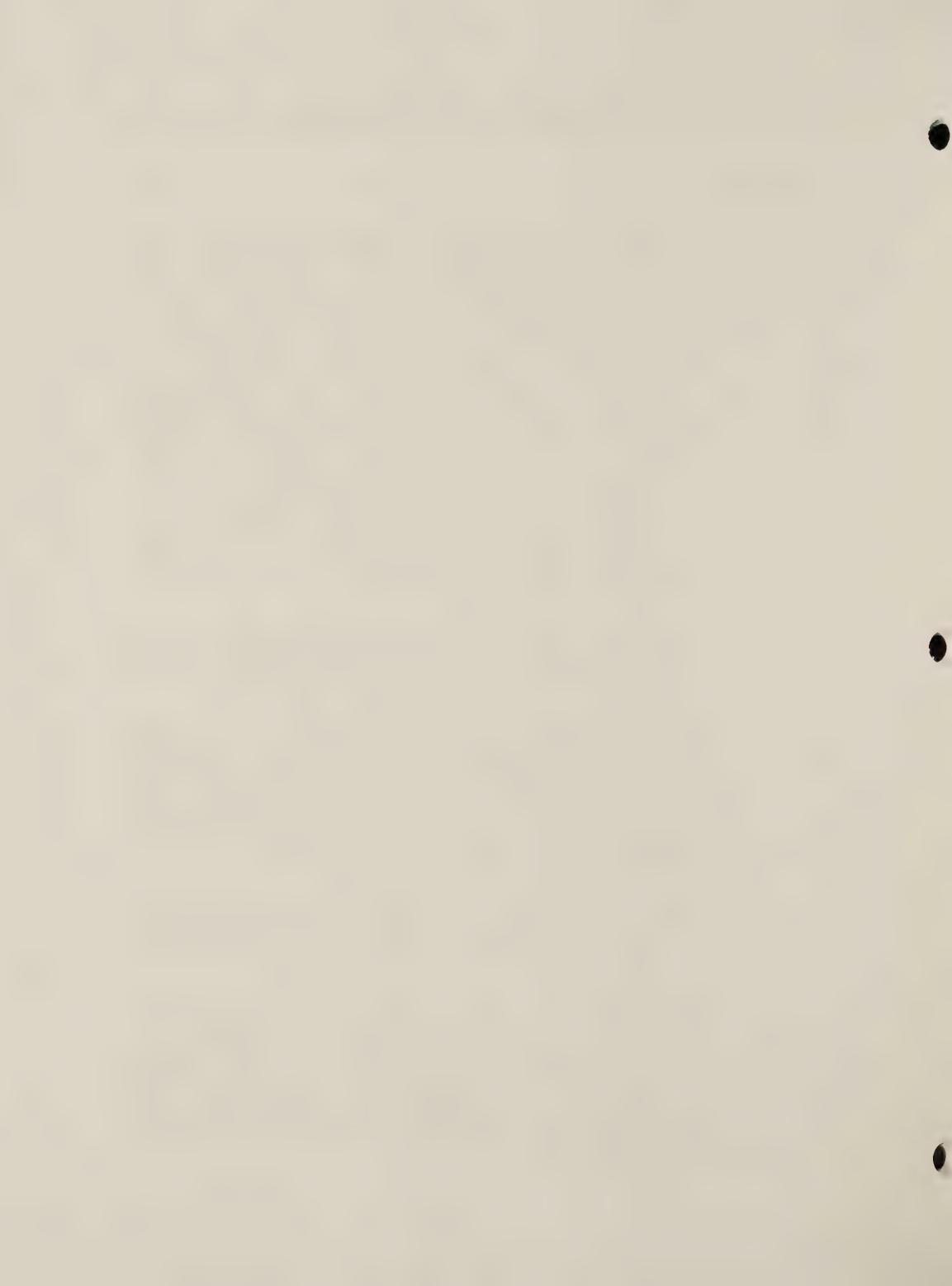
Fiber is a complex carbohydrate found in plant foods such as dried beans and peas, fruits, vegetables and grains. Fiber is not digested by the body or absorbed into the bloodstream. It is not a nutrient; it does not contain vitamins, minerals or protein to nourish the body. Although fiber is not a nutrient and provides no energy, it has a very important role in promoting good health. Fiber is found only in plant foods. Most plant foods contain both soluble and insoluble fiber. Soluble fiber has protective benefits and dissolves to become gummy. High levels of soluble fiber can be found in dried beans, oats, barley, some fruits and vegetables. Insoluble fiber adds bulk and softness and aids in digestion. Foods high in insoluble fiber are wheat bran, whole grains, cereals, seeds and the skins of many fruits and vegetables. Dietary Guidelines for Americans, 2000 recommends choosing a variety of grains daily, especially whole grains. Whole grain foods help form the foundation of a nutritious diet.

Most Americans don't get enough fiber according to the American Dietetic Association. Americans eat about 11-15 grams of fiber a day, while experts recommend 25-35 grams of fiber for most healthy people.

Fiber is listed on the Nutrition Facts panel of food labels. The Food and Drug Administration has recognized and approved fiber's importance and has approved claims related to fiber intake and lowered risk of heart disease and cancer. Diets low in fat and rich in fiber-containing grain products, fruits and vegetables may reduce the risk of some types of cancers, diabetes, digestive disorders and heart disease.

Often packaged and canned foods lose fiber due to processing of the foods. Foods such as whole grains, fresh fruits, fresh raw vegetables, dried beans and peas, nuts and seeds will contain the most fiber.

When increasing the fiber content of your diet, it is best to do it gradually. Otherwise, cramping, gas, bloating and stomach discomfort may occur. Your stomach and intestines need time to adjust to the change. Drinking water and other fluids is always important for good health. Fluid intake is a must when adding fiber. Water and other fluids will help fiber to do its job of moving waste from the body.



Lesson 5: Teaching Guide

Objectives

Participants will:

1. Understand that fiber is important in promoting good health.
2. Understand that a high fiber diet may lower the risk of heart disease, several types of cancer and other diseases.
3. Be able to name the foods that are high in fiber.

Key Points to Cover When Teaching the Lesson:

1. Fiber is important to good health and may reduce the risk of some types of cancers, digestive disorders, and heart disease and may control diabetes.
2. Fiber is found only in plant foods; most plants contain soluble and insoluble fiber.
3. When increasing fiber intake, do so gradually.
4. It is important to increase intake of water and other fluids when increasing fiber.

Materials and Supplies:

1. Fiber overheads or flipchart.
2. Handouts – “Fiber Facts”
“Add More Fiber to Your Diet”
“What’s Your Fiber Score?”
3. Recipe: Red Beans and Brown Rice.



4. Recipe: Black-Eyed Peas and Brown Rice.
5. Flipchart for use in warm-up.
6. Name tags with food pictures.

Before Teaching the Lesson:

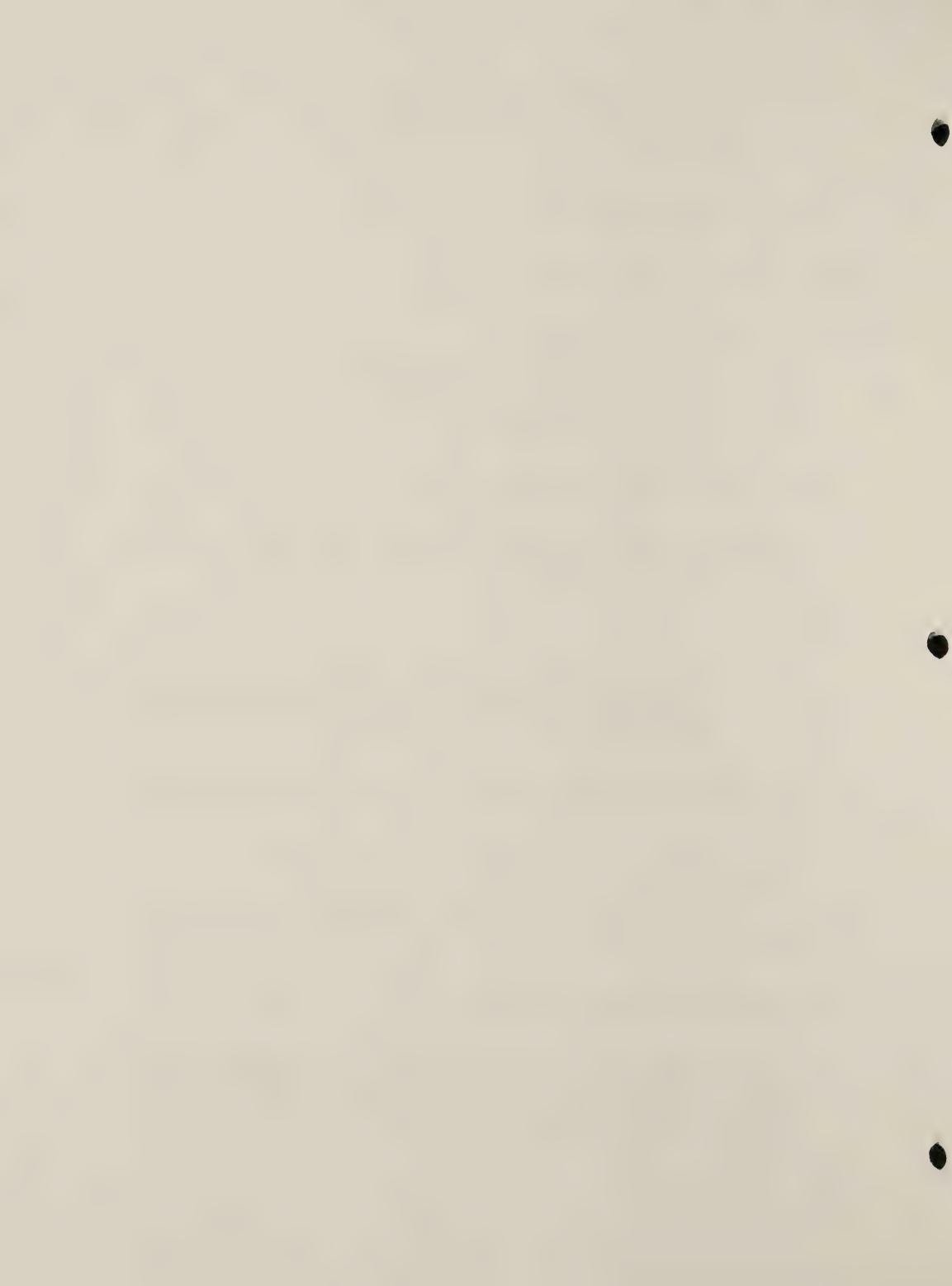
1. Review the lesson overview.
2. Decide if overheads or flipcharts will be used.
3. Review overheads or flipcharts.
4. Gather all materials and supplies.
5. Prepare vegetables and dried beans for the recipe, as needed, depending upon the facility.

Warm Up:

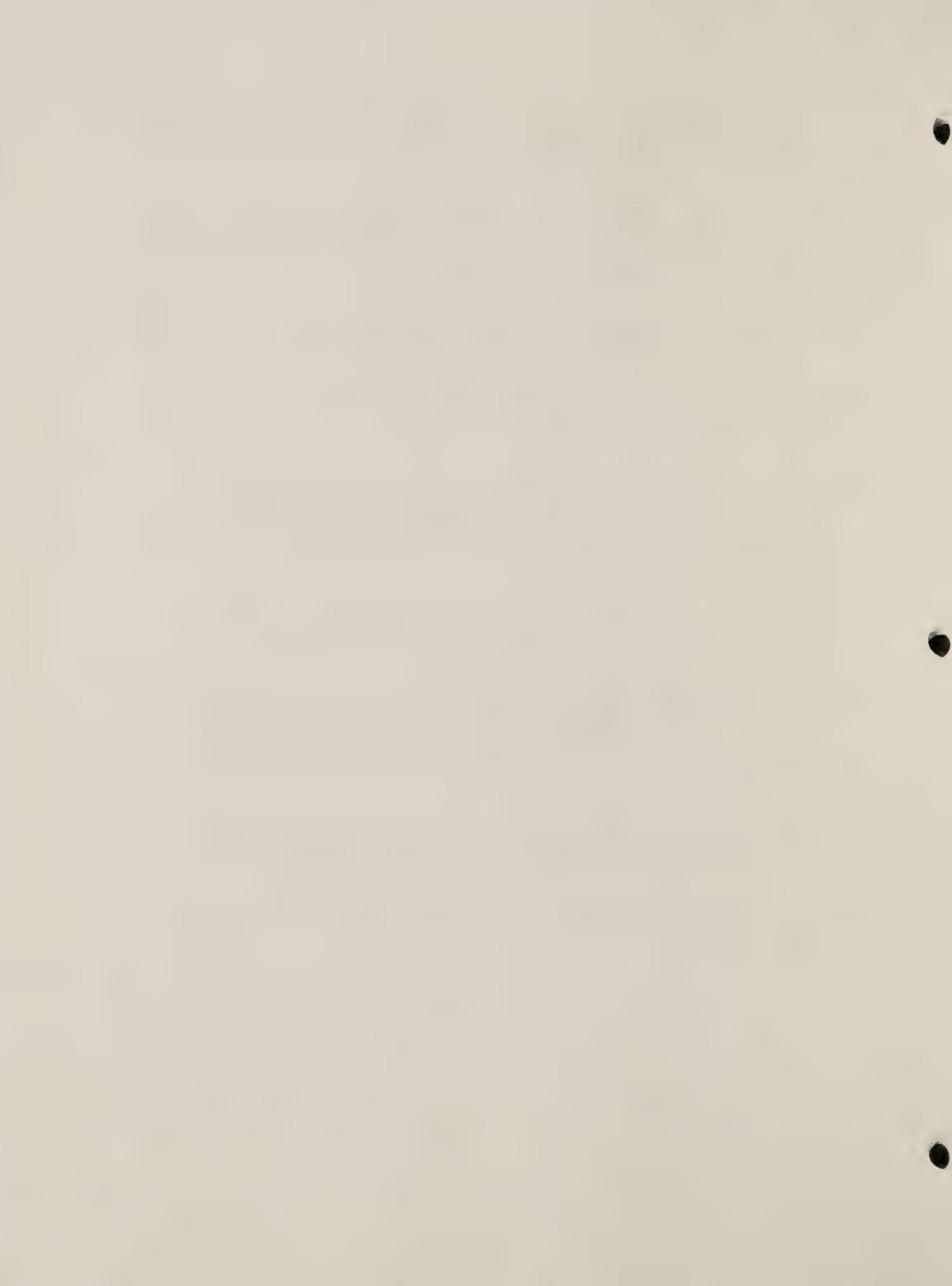
1. Ask if there are questions about the last lesson. Question participants about how they used the information from the last lesson.
2. Ask participants to give their names and the name of the food on their nametags.
3. Ask them if the food is a good source of fiber.
4. Write the names of the fiber-containing foods mentioned on the flip chart.

Procedure for Teaching the Lesson:

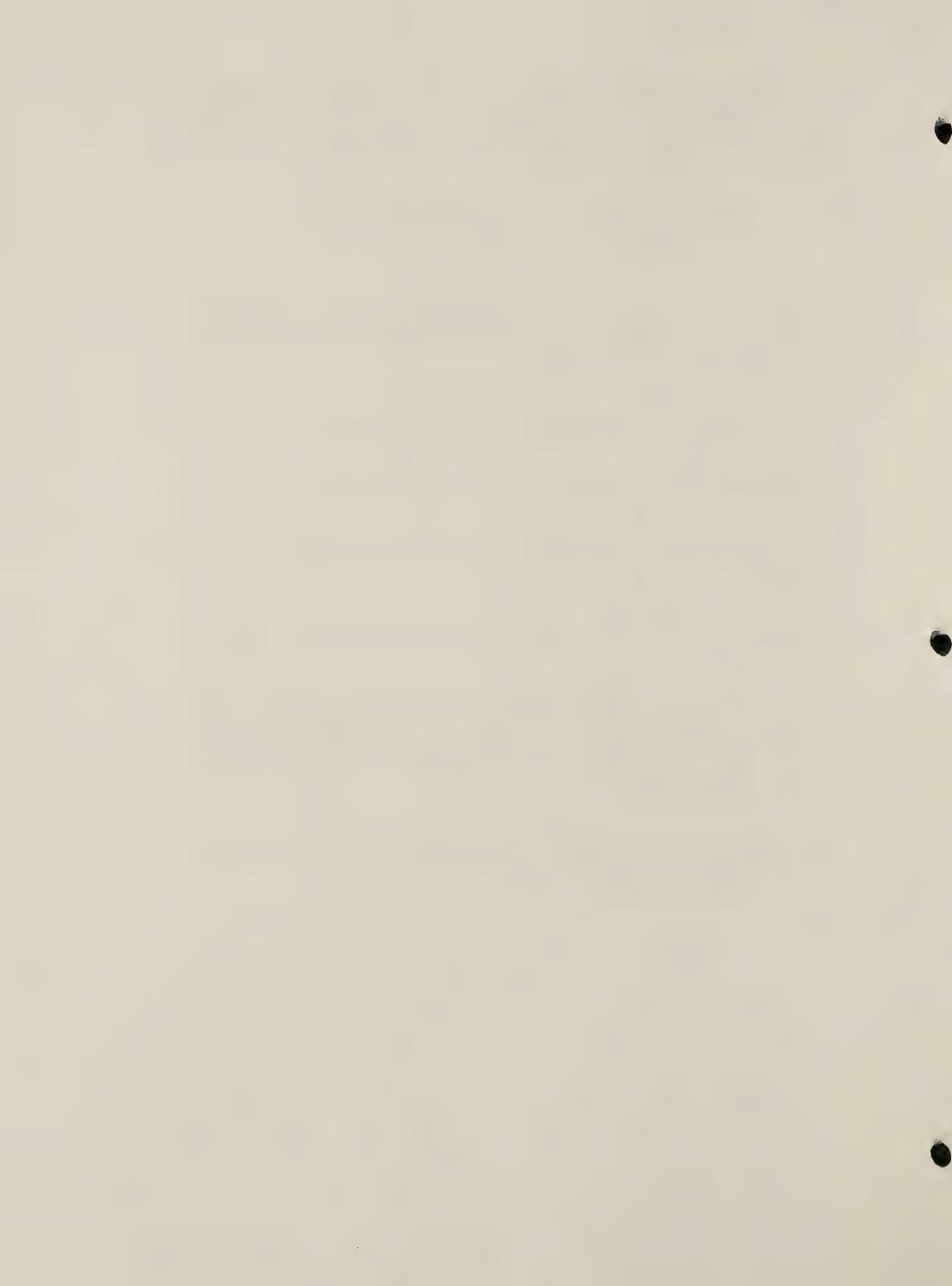
1. Tell participants that this lesson will focus on **increasing** fiber in meals for better health. Stress that this series is about making our meals and recipes healthier as we enjoy our family and personal favorites.



2. Tell participants that most Americans don't eat enough fiber and that only 11-15 grams of fiber is eaten daily, when 25-35 grams should be eaten. Use overhead #2 to reinforce.
3. Discussion: What is fiber? Which foods contain fiber? Discuss soluble and insoluble fiber and the purpose they serve using overhead #s 3, 4, 5 and "Fiber Facts" handout.
4. Ask participants to name some ways they can increase fiber in their diets. (Listed below are some possible responses.)
 - a. Read Food Labels – almost all food labels will tell you the amount of dietary fiber in each serving.
 - b. Use the USDA Food Guide Pyramid as a guide – If you eat 2-4 servings of fruit, 3-5 servings of vegetables and 6-11 servings of cereal and grain foods, you will consume 25 to 30 grams of fiber per day.
 - c. Check food labels of cereals for five or more grams of fiber per serving. Add wheat germ, bananas, or berries for extra fiber.
 - d. Eat raw vegetables daily. Cooking breaks down some of the fiber content. If you cook vegetables, the best cooking method to use is steaming. If you use water to cook vegetables, use a very small amount of water and don't overcook.
 - e. Avoid peeling fruits and vegetables – the skin contains most of the fiber. Whole fruits and vegetables contain more fiber than juice.
 - f. Add fiber to recipes and in preparation of foods such as stews, soups and salads.



- g. Eat foods that contain unprocessed grains – whole grain breads, cereals and pasta. Look at ingredients list for whole-wheat flour, rye and multigrain. Also check for 100% whole-wheat flour.
 - h. Keep fresh fruit and fresh vegetables on hand for snacks.
5. After responses, show fiber overheads 6-12.
 6. Ask participants to take out “Add More Fiber to Your Diet” and “What’s Your Fiber Score?” Review these handouts with the group as overhead #13 is shown.
 7. Continue with discussion using overheads #14 and #15.
 8. Pass out food labels. Ask participants to check ingredient list for whole grains.
 9. Ask participants how they plan to use the information from this lesson.
 10. Tell the group the topic of the next lesson; ask that they bring in family dessert recipes.
 11. Plan the buffet for the final class. Ask for volunteers to bring covered dishes using the recipes they have modified; also copies of recipes, if possible. Ask for volunteers to set up before and clean up afterward.
 12. Remember that this will be a tasting celebration to conclude the Food for Health and Soul Series.



Lesson 6: MAKE IT NATURALLY SWEET

OVERVIEW

Sugar has been used as a sweetener and as a preservative over the centuries. Natural sugars occur naturally in foods and are called simple carbohydrates; examples are fructose, maltose and lactose. Fructose is found in fruits, maltose in grain products and lactose in milk.

Refined sugar is separated from the stalk of sugar cane or from the beetroot of sugar beets. After the sugar-containing juice of the plant is extracted, it is processed into dried sugar crystals and sold as white sugar or granulated sugar (table sugar).

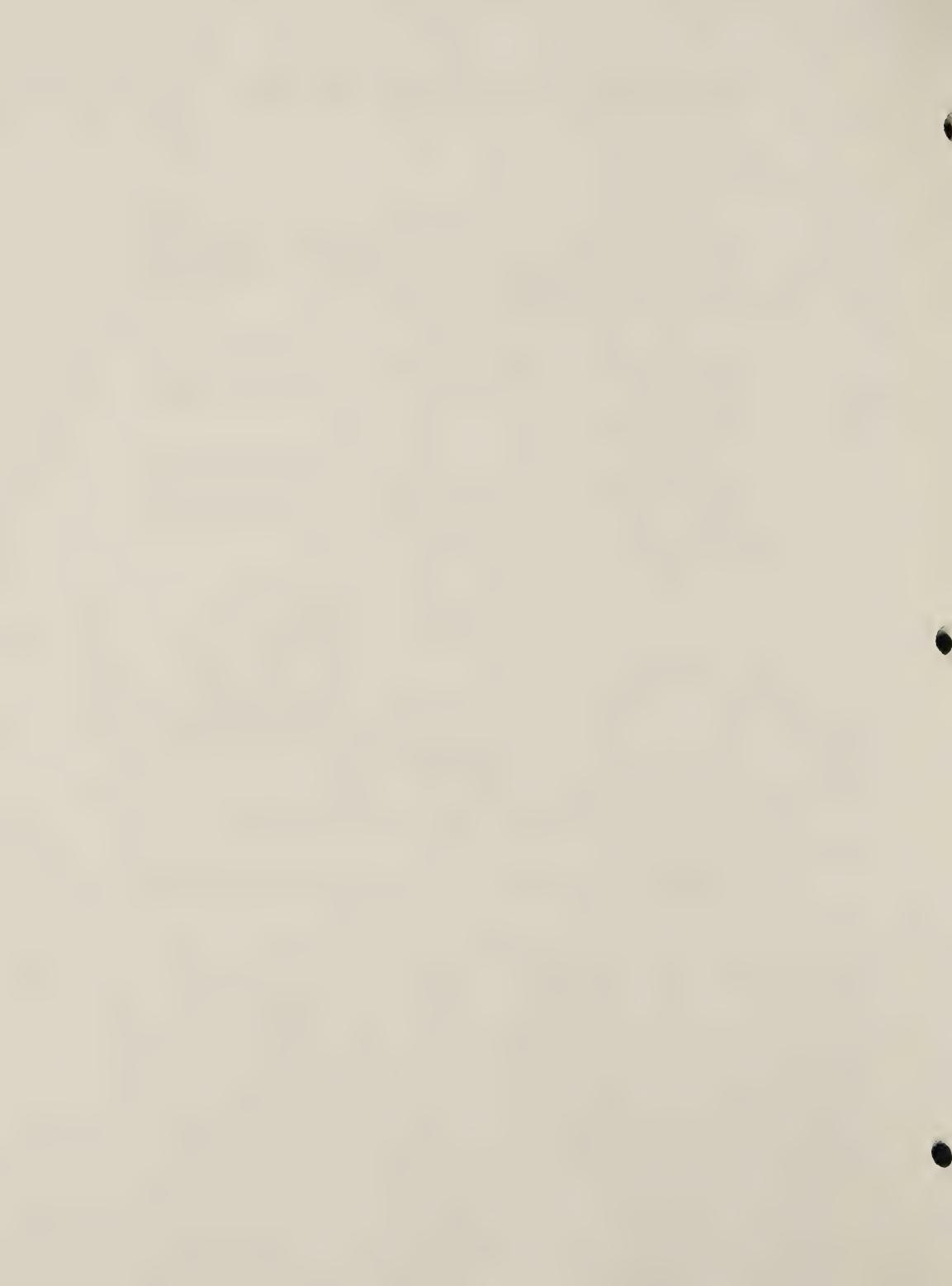
As we look at the ingredient list on a food label, we may see several types of sugars. If we see words ending with “ose,” we are looking at other words for sugar such as sucrose, lactose, maltose or fructose. We may see many other forms of sugar or sweeteners, such as:

Honey	Corn Syrup	Maple Syrup
Molasses	Cane Sugar	Raw Sugar
High-Fructose Corn Syrup (HFCS)	Malt	Turbinado Sugar
Corn Sweeteners	Brown Sugar	Confectioner's Sugar
Dextrin	Inverted Sugar	Crystallized Cane Sugar
Evaporated Cane Juice	Fruit Juice	

Many of these sweeteners will be found in recipes for cookies, cakes and other desserts.

The calories and nutritive content of sugar are similar regardless of the form.

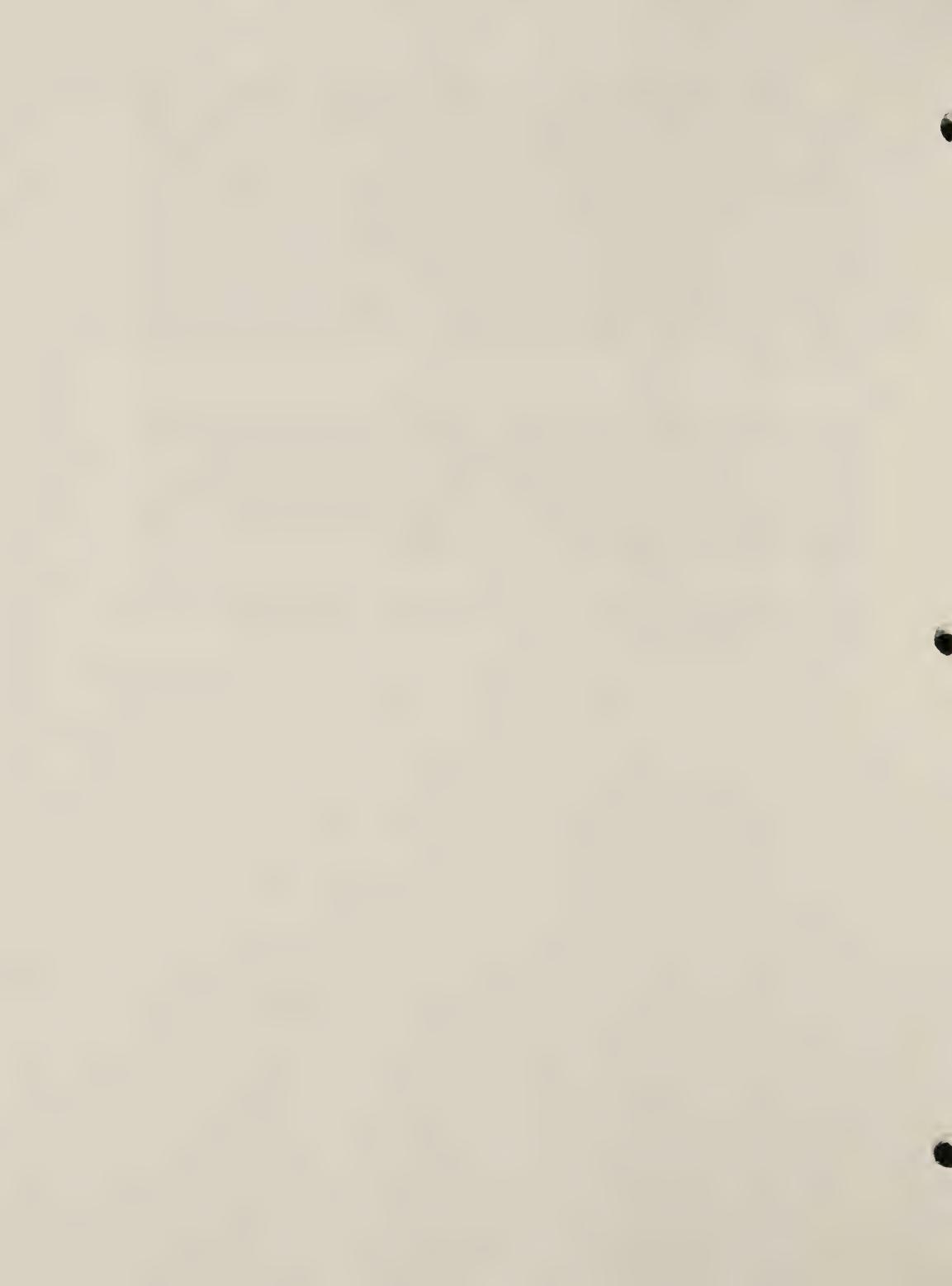
Brown Sugar	1 teaspoon	12 calories
Table Sugar	1 teaspoon	15 calories
Honey	1 teaspoon	21 calories
Molasses	1 teaspoon	14 calories
Maple Syrup	1 teaspoon	22 calories
Jelly	1 teaspoon	16 calories



Health professionals recommend that we limit our intake of sugar. Wise selection of foods and beverages is important in order to limit sugar intake. The "Dietary Guidelines for Americans 2000" states "choose beverages and foods to moderate your intake of sugars." The major sources of added sugars are soft drinks, cakes, cookies, pies, candy, dairy desserts (such as ice cream) and fruit drinks (such as fruit punch and lemonade). It is wise to secure calories from nutritionally dense foods, which provide us with the vitamins, minerals and proteins we need for good health. High sugar foods are found at the top of the Food Guide Pyramid. These foods provide "empty calories," with little or no nutritional value and should be used only occasionally.

Will sugar make a person fat? No, but eating too many calories with little physical activity will cause weight gain. The excess calories may come from fat, protein or sugar. Obesity increases our risk of hypertension, heart disease, diabetes and some types of cancer. Sugar does not cause diabetes, as believed by some people. If you are diabetic your body does not use sugar normally, but sugar does not cause diabetes.

This lesson will show you how to reduce or replace sugar in recipes and in food preparation.



Lesson 6: Teaching Guide:

Objectives

Participant will:

1. Understand that sugar contributes calories to the body and has insignificant amounts of vitamins, minerals and protein.
2. Name ways of cutting back, eliminating and replacing sugar in recipes.
3. Modify a recipe to lower sugar content.

Key Points to Cover When Teaching the Lesson:

1. Sugar contributes calories, but the amount of vitamins, minerals and protein it contributes is insignificant.
2. Recipes can be modified to lower sugar content.
3. Choose beverages and foods carefully to moderate your intake of sugars.

Materials and Supplies Needed:

1. Sugar overheads or flipchart.
2. Samples of fruit purees.
3. Handouts: "Label Reading for Better Health"
"Sugar"
4. Canned fruit packed in light sugar and in its own juice or in heavy syrup.
5. Utensils and serving dishes for tasting.
6. Recipes; fresh fruit ambrosia, fruit and yogurt pie or sweet potato pie.



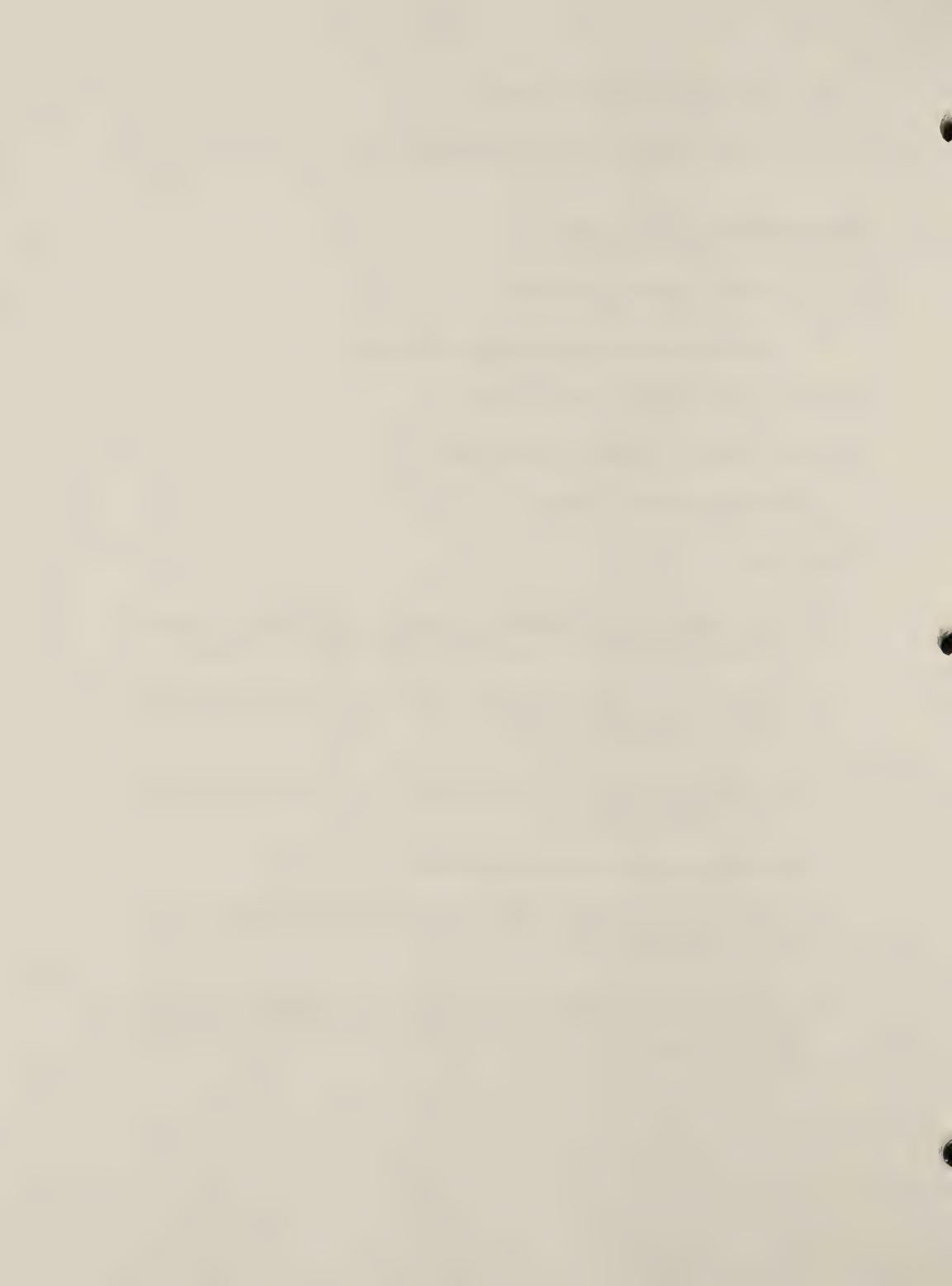
7. Ingredients for making recipe.
8. Food labels from a variety of food products.

Before Teaching the Lesson:

1. Review the lesson overview.
2. Decide if overheads or flipchart will be used.
3. Review overheads or flipchart material.
4. Gather all needed supplies and materials.
5. Gather items needed for recipe.

Warm Up:

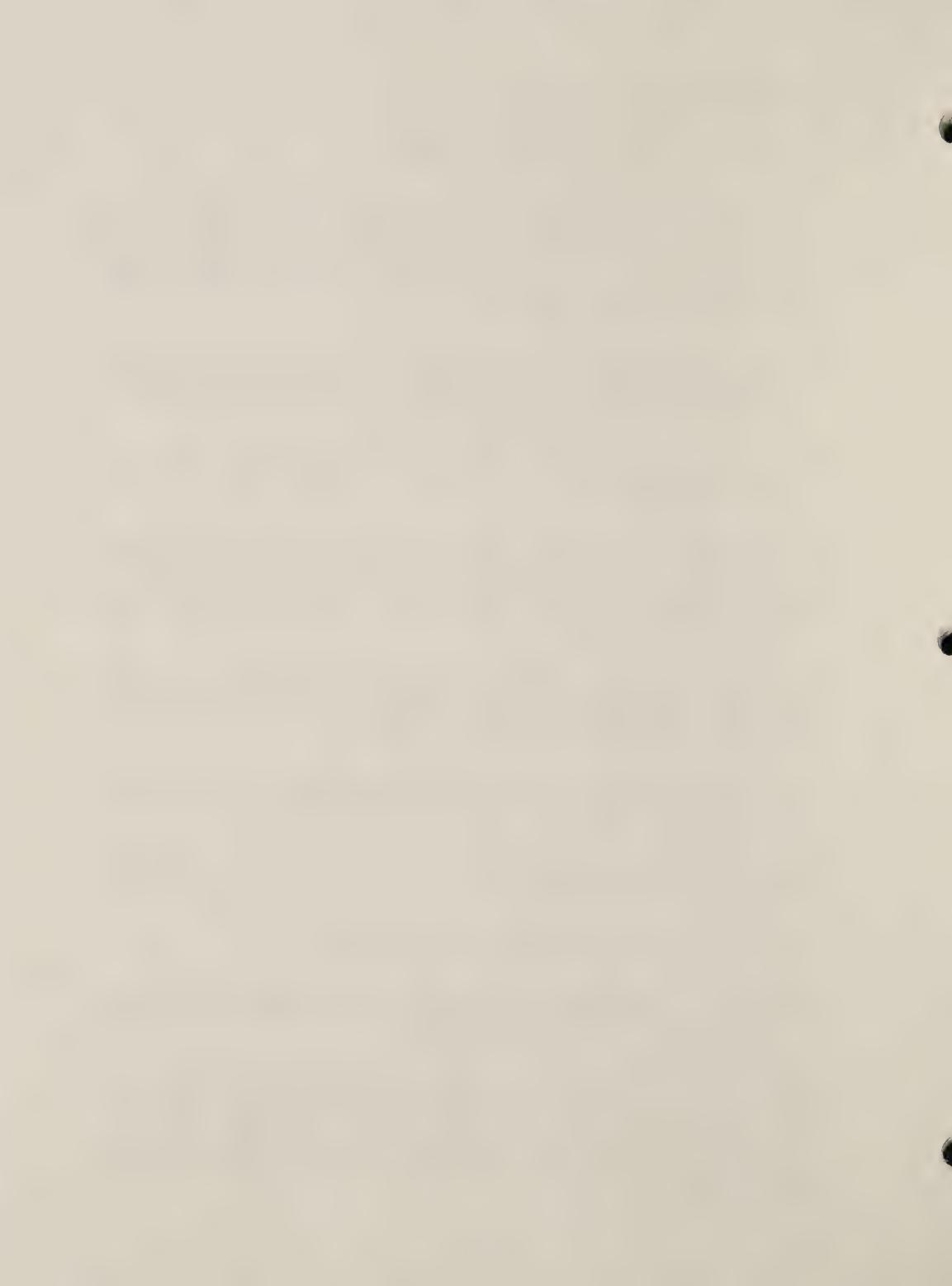
1. Ask if there are any questions about the last lesson. Question participants about how they used information from the last lesson.
2. Introductions – ask participants to name their favorite sweet food or dessert as they give their names.
3. Ask why the particular food is a favorite (e.g., taste, comfort food, family or cultural, etc.).
4. Ask what gives the sweet taste to the food.
5. If sugar is used in the food, ask if they have lowered the sugar content of the food and how.
6. Allow time for all present to respond to the above questions, unless the group is very large. If the group numbers more than 10 people, limit the number of responses.



Procedure for Teaching the Lesson:

Show overhead #1 indicating title of lesson.

1. To stimulate conversation and interest, ask the following question before showing overhead or flipchart #2. Why do we use sugar in food preparation? Allow time for a brief discussion and then show overhead #2 explaining the role of sugar in food preparation. Share added information from lesson overview.
2. Before showing overhead or flipchart #3, ask group the following question: Which forms of sugar do you use? After discussion, show the overhead or flipchart discussing forms of sugar.
3. Show overheads #s 4 and 5 or flipchart, sharing appropriate information from the overview.
4. After showing overhead #5 or flipchart, distribute food labels among group. Discuss with the group the variety of labels and the amount of sugar in each as well as the type of sugar. Refer to handout "Label Reading for Better Health."
5. Stress that often foods that are high in sugar are also high in fat (like doughnuts, cookies, ice cream, etc.) that they contain many calories and little, if any, nutritional value. Show overhead #6
6. Ask participants to name ways they can reduce, eliminate or replace sugar in recipes and food preparation. Discuss suggestions for each.
7. Show overheads or flipchart #s 6, 7, 8 and 9 related to reducing, eliminating or replacing sugar.
8. Review handout "Sugar" then show overhead #10.
9. Fruit purees – After telling the group that fruit puree may be used in place of sugar, pass jars of puree among the group.
10. Canned fruit – See Activity #1. Place containers of fruit packed in light syrup, its own juice and in heavy syrup on table for tasting. Point out sugar content in each of the containers. Display cans of fruit packed in light syrup its own juice and in heavy syrup. Have participants complete taste test cards.



11. Ask participants to take the recipe they brought in and discuss methods of changing the recipe to lower the sugar content.
12. Select 2 to 3 participants to prepare recipe.
13. As participants taste the recipe, ask how they plan to use the information from this lesson. Tell the group the topic of the next lesson.

Activity #1

Canned Fruit – Place fruit packed in light syrup in a red bowl; fruit in its own juice in a white bowl and fruit packed in heavy syrup in a blue bowl, then place bowls on table for tasting. Set serving bowls and spoons on the table. Give participants the taste test cards. Each participant will place fruit into corresponding bowls, taste it and complete test form.

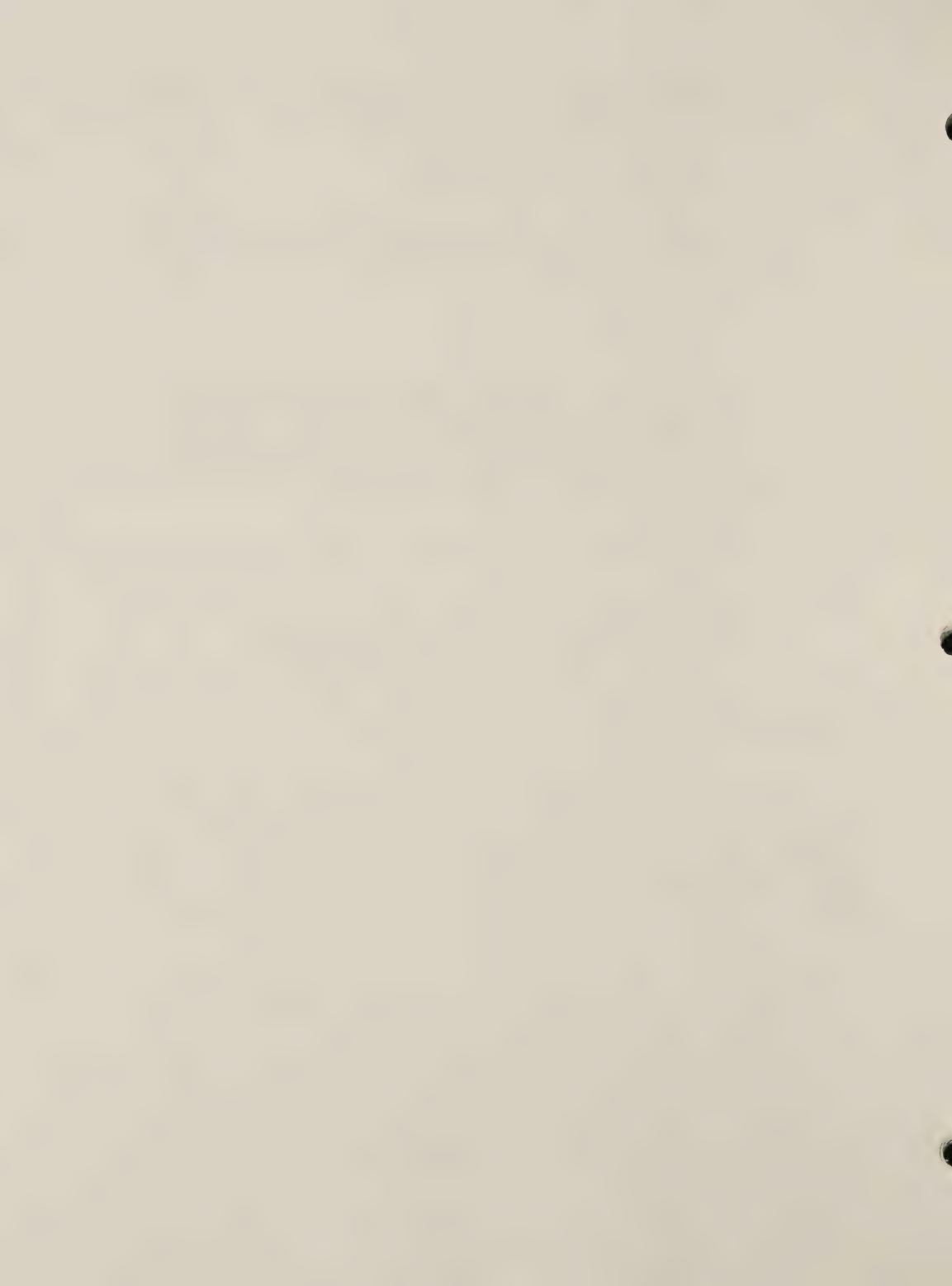
“Food for Health and Soul” Food Taste Test Form

Please rate food from **1** to **5**, with **5** being the highest

NAME OF FOOD _____

	1	2	3	4	5
Taste					
Texture					
Appearance					
Like					
Dislike					

Comments _____



Lesson 6B: A Buffet for Health and Soul:

1. You will not give a formal lesson at this session.
2. Post-tests should be handed out as participants arrive. Collect post-tests.
3. Ask volunteers to set up the buffet table.
4. Once the buffet is ready, have participants discuss foods they contributed to the buffet. After all have participated, begin tasting.
5. As participants are relaxing, have a discussion about the foods and preparation method to lower fat, sugar, salt and sodium and to increase fiber. Encourage discussion and questions about suggestions given in lessons.
6. Hand out “Certificates of Completion,” copies of “Recipes for Health and Soul” and “How to Modify a Recipe.”

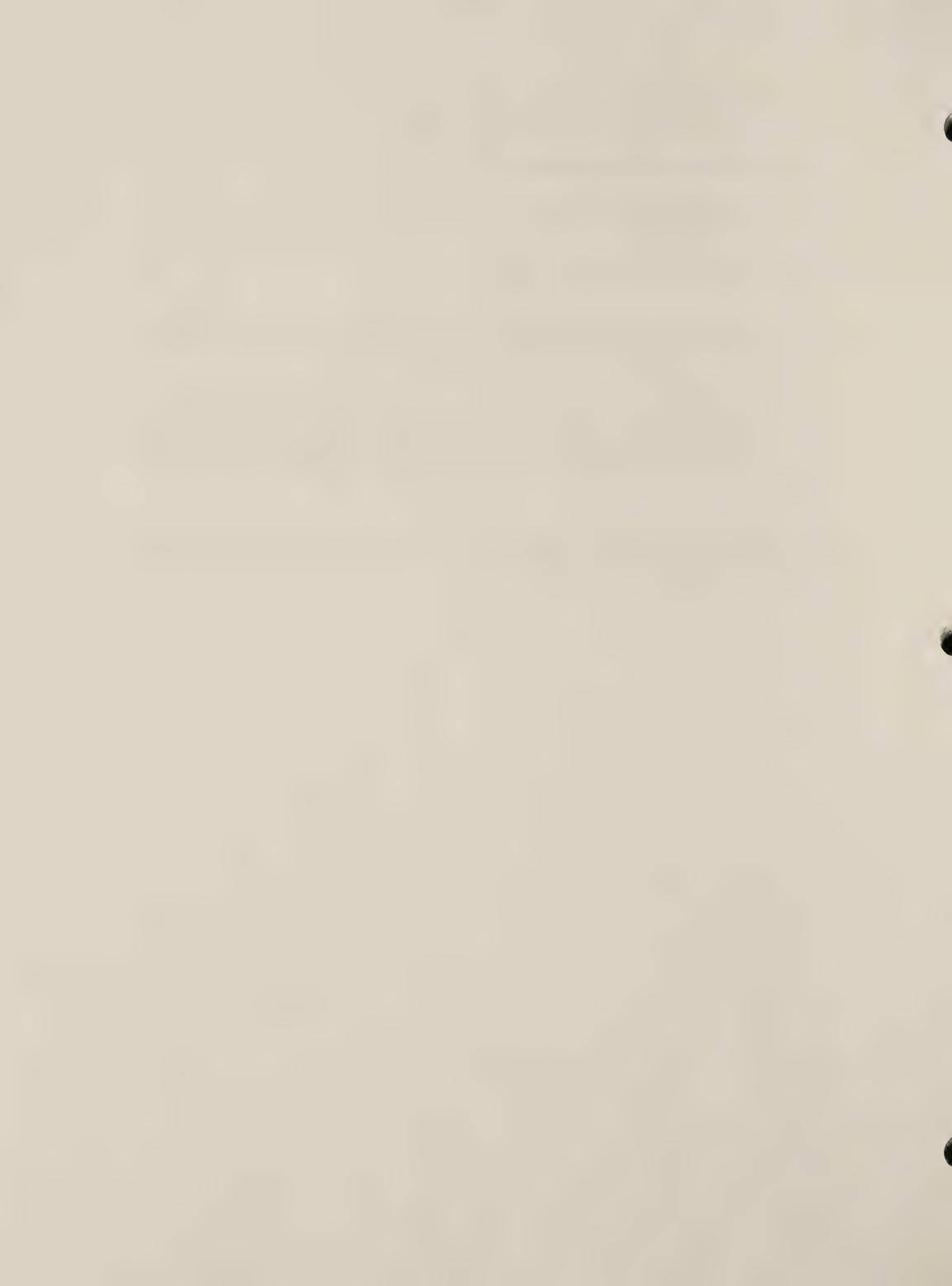


Table of Contents



Lesson 1-Healthy Eating Using Food Labels Handouts:
Label Reading for Better Eating



Lesson 2-Look Out for Salt and Sodium Handouts:
Better Health with Less Salt and Sodium
Smoked Turkey Smoked Hocks



Lesson 3-Spice is Nice Herbs Too Handouts:
Instead of Salt Use Herbs and Spices
Herbs and Spices for Vegetables



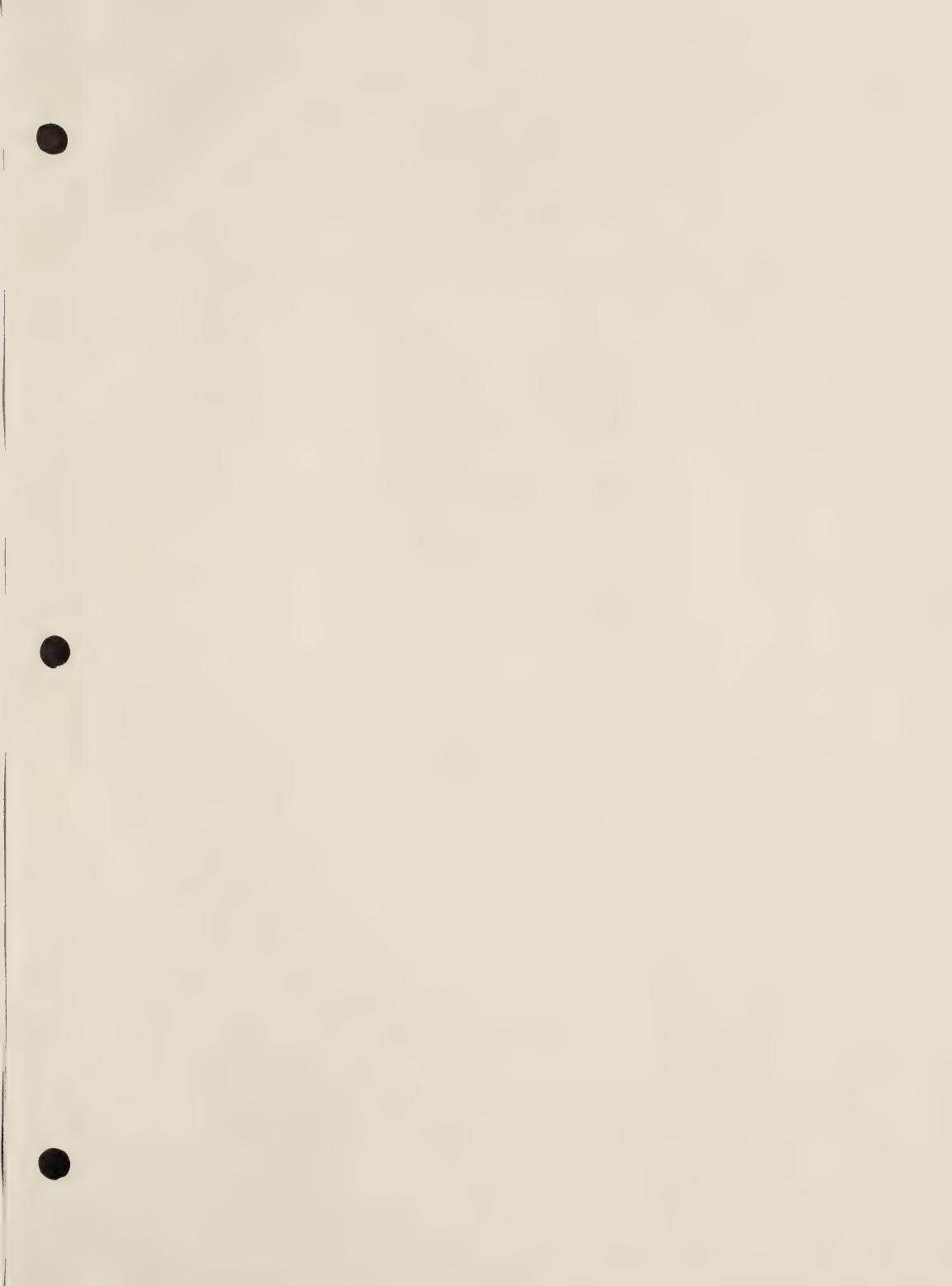
Lesson 4-Look out for Fat Handouts:
Comparison of Fatty Acids
Eat Less Fat
Heart Healthy Substitutions



Lesson 5-Eat your Fiber, Like Grandma Says Handouts:
Fiber Facts
What's Your Fiber Score?
Lesson 6-Make It Naturally Sweet Handouts:
Sugar
How to Modify a Recipe

(

(



Notes

FOOD FOR HEALTH AND SOUL



A nutrition curriculum to help you decrease your risk of heart disease, cancer and diabetes by the preparation of healthy “soul food” and other family favorites.

Developed by Joyce M. Woodson, M. S., R. D. and Millicent Braxton-Calhoun, M. S.

July 2000



Cooperative Extension
Bringing the University to You

Southern Area

The University of Nevada, Reno is an equal opportunity/affirmative action employer and does not discriminate on the basis of race, color, religion, sex, age, creed, national origin, veteran status, physical or mental disability and in accordance with university policy, sexual orientation, in any program or activity it operates. The University of Nevada employs only United States citizens and aliens lawfully authorized to work in the United States.

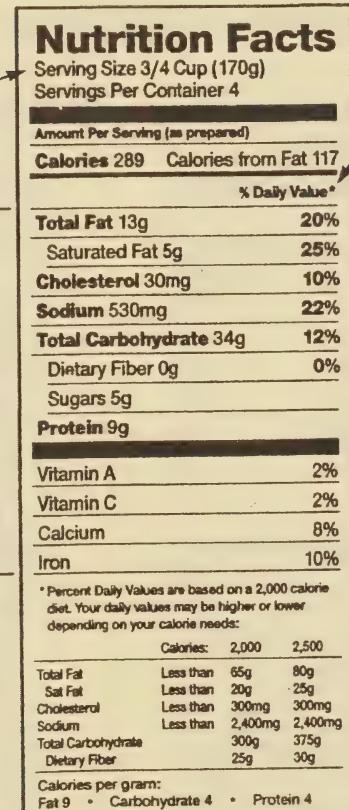
CM-00-04

Label Reading for Better Eating

Serving sizes are in common household measurements. Serving sizes are the same for similar products.

These numbers can help you avoid eating too much fat, saturated fat, cholesterol and sodium.

Ingredients are listed in descending order – main ingredient is listed first, smallest ingredient is listed last.



INGREDIENTS: ENRICHED MACARONI (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN); CHEESE SAUCE MIX (WHEY, DEHYDRATED CHEESE [GRANULAR AND CHEDDAR (MILK, CHEESE CULTURE, SALT, ENZYMES)], WHEY PROTEIN CONCENTRATE, SKIM MILK, BUTTERMILK, SODIUM TRIPOLYPHOSPHATE, SODIUM PHOSPHATE, CITRIC ACID, YELLOW 5 (COLOR), YELLOW 6 (COLOR), LACTIC ACID)

% Daily Value shows how a food fits into the overall daily diet.

These numbers can help you avoid eating too much fat, saturated fat, cholesterol and sodium.

These numbers can help you get enough dietary fiber, vitamin A, vitamin C, calcium and iron.

Daily Values are based on recommended nutrient intakes when eating 2,000 calories per day. Daily Values are also listed for persons eating 2,500 calories per day.

Label Reading for Better Eating (cont.)

Use these two package labels to answer the following questions.

A.

Nutrition Facts	
Serving Size 1 Cup (25g) Servings Per Container 10	
Amount Per Serving	
Calories 97	Calories from Fat 16
	% Daily Value *
Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 231mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 4g	
Vitamin A 22% • Vitamin C 22%	
Calcium 4% • Iron 22%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: WHOLE OAT FLOUR (INCLUDES THE OAT BRAN), WHEAT STARCH, SUGAR, SALT, CALCIUM CARBONATE (PROVIDES CALCIUM), TRISODIUM PHOSPHATE, VITAMIN C (SODIUM ASCORBATE), IRON (A MINERAL NUTRIENT), A B VITAMIN (NIACIN), VITAMIN A (PALMITATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID) AND VITAMIN D.

B.

Nutrition Facts	
Serving Size 1 Cup (32g) Servings Per Container 10	
Amount Per Serving	
Calories 125	Calories from Fat 9
	% Daily Value *
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 227mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 3g	
Vitamin A 22% • Vitamin C 22%	
Calcium 4% • Iron 22%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: SUGAR, CORN FLOUR, MARSHMALLOWS (SUGAR, CORN SYRUP, DEXTROSE, MODIFIED FOOD STARCH, GELATIN, ARTIFICIAL AND NATURAL FLAVOR, ARTIFICIAL COLOR), OAT FLOUR, WHEAT FLOUR, HYDROGENATED COCONUT AND PALM KERNEL OIL, SALT, NATURAL AND ARTIFICIAL FLAVOR (WITH BHA ADDED TO PRESERVE FRESHNESS) AND ARTIFICIAL COLOR (INCLUDING YELLOW 5). BHT IS ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.

How many servings are in package A? _____

How much total fat is in one serving of the food in package A? _____

Which food is lower in total fat, the food in package A or the food in package B? _____

Which food has more fiber, the food in package A or the food in package B? _____

Adapted from "Label Reading for Better Eating" and "Comparing the Labels" in "Stretching Your Food Dollars" from the University of Wisconsin Extension.



Notes

Take control of your health use these steps to...

LIMIT YOUR SODIUM INTAKE

1. Limit these foods.

Bacon	Luncheon meats	Salted chips
Bologna	Salted nuts and seeds	Salted crackers
Bouillon cubes or granola	Olives	Salt pork
Buttermilk	Packaged foods	Sauerkraut
Canned or powdered soup	Pickles	Sausage
Canned vegetables	Pork rinds	Smoked or canned meats
Cheese	Powdered drink mixes	Spaghetti or tomato juice (commercial)
Corned beef	Pretzels	Tomato juice
Frankfurters	Salad dressings	

2. Limit these condiments.

Barbecue sauce	Iodized Salt	Salad dressings
Bouillon	Meat tenderizer	Salt
Catsup	Monosodium glutamate (MSG)	Seasoned salt
Celery salt	Onion salt	Soy sauce
Chili sauce	Pickles	Worcestershire sauce
Hot sauce	Relish	

3. Check the ingredient labels on packaged foods. Look for ingredients that have sodium or salt as part of its name. Ingredients are listed by weight, from greatest to least.

This food contains four different sodium ingredients. Notice that salt is the fourth ingredient in the product by weight. Therefore, this product is probably high in sodium.

INGREDIENTS: Potatoes, vegetable oil, whey, salt, dried milk solids, sour cream, onion salt, monosodium glutamate, dried parsley, lactic acid, sodium citrate, artificial flavors.

4. Use more fresh fruits, vegetables and fresh meats and poultry.

5. Check claims on food labels. Claims must meet strict government definitions.

Per Standard Serving

light sodium	-	50% less sodium
sodium free	-	less than 5 milligrams sodium
very low sodium	-	35 milligrams or less sodium
low sodium	-	140 milligrams or less sodium

The nutrition label will list the milligrams of sodium in a food.

6. Low-sodium and reduced-sodium products can be found in the supermarket.

Try the following products made with less sodium.

- Canned vegetables, vegetable juices and sauces
- Canned soups
- Dried soup mixes, bouillon
- Condiments
- Snack foods (chips, nuts, pretzels)
- Ready-to-eat cereals
- Bread, bakery products
- Butter, margarine
- Cheeses
- Tuna
- Processed meats

7. Use herbs and spices in place of salt.

Spices and herbs can be used to enhance the flavor of a fat- or sodium-reduced food. Check your supply of herbs and spices. A herb or spice bought for one special recipe may be used in others. The label on the container usually suggests uses of the spice or herb. Powdered herbs are stronger than crumbled, and dried herbs are stronger than fresh herbs. If a recipe calls for 1/4 teaspoon powdered herb, you can use 3/4 to 1 teaspoon crumbled or flaked, or 2 teaspoons fresh herb.

Herb (urb, hurb) *n.* leaves of plants and shrubs with non-woody stems

Spice (spis) *n.* comes from bark, roots, fruits, seeds or flavors of plants

Start with 1 teaspoon of a mild herb (dried) or spice (such as oregano, basil, cumin, and cinnamon) per six servings. Use only 1/4 teaspoon of a strong herb or spice (such as rosemary, cloves, nutmeg, ginger, mustard, allspice) per six servings.

Use the spices sparingly until you decide the taste level that best suits your family.

It is easiest to reduce sodium and salt gradually. Each week use less salt foods. You will not notice the change. The taste for salt is learned and can be unlearned. Soon salty foods will taste too salty.

What is sodium?

Salt (sodium chloride) has long been used as a seasoning for food. Many people feel salt brings out the flavor of food. Salt is made up of two minerals--sodium (40%) and chloride (60%). Both minerals are essential to good health.

Why is sodium necessary?

Sodium is needed to balance body fluids, help muscles, including the heart, to contract and conduct nerve impulses. Sodium is found in bodily fluids, tissues and bones.

How much sodium is needed?

A daily requirement for sodium has not been set. Three hundred to five hundred milligrams per day is believed to be adequate for adults. The National Academy of Science recommends that daily intake of sodium be less than 2,400 milligrams. Unfortunately, most adults take in 2,300-6,900 milligrams per day. This goes beyond that considered safe.

Where is sodium found?

Sodium occurs naturally in many foods we eat. It is found in vegetables, dairy products, eggs, meat, poultry, and often in drinking water. It is also added to foods during processing to preserve flavor or stabilize ingredients. Sources of sodium in the United States are:

naturally in food (10%) from salt shaker (15%) from processed food (75%)
(at the table or during cooking)

1/4 tsp. salt	=	500 mg sodium
1/2 tsp. salt	=	1,000 mg sodium
3/4 tsp. salt	=	1,500 mg sodium
1 tsp. salt	=	2,000 mg sodium

Why limit sodium?

If you eat a lot of foods high in sodium, you may increase your blood pressure. Approximately half of people with high blood pressure (hypertension) are salt sensitive. The proportion of African Americans who are salt sensitive is much higher. Presently, there is no way to identify those who might develop high blood pressure from eating too much sodium. However, eating less sodium is not harmful. High blood pressure is found in 1 out of 4 people in the general population, yet 1 in 3 African Americans has high blood pressure. Another reason to decrease sodium is that a high intake may deplete calcium in the bones. A loss of calcium in the bones will increase the risk of osteoporosis.

Many people have high blood pressure and do not know it--they feel fine. Increased blood pressure is dangerous and can lead to strokes, heart disease and death. Do you know your blood pressure? Moderate sodium intake and regular physical activity will limit your chances of having high blood pressure.

UNIVERSITY OF NEVADA
COOPERATIVE EXTENSION

A County - State - Federal Partnership

Fact Sheet 96-42

BETTER HEALTH

with

Less Salt and Sodium



SALT

by

Joyce M. Woodson, M.S., R.D.
Area Specialist-Nutrition

Smoked Turkey

Smoked Hocks

Serving Size	3 oz	Serving Size	3 oz
Calories	120	Calories	300
Fat	5 g	Fat	24 g
Saturated Fat	1.5 mg	Saturated Fat	7 g
Sodium	500 mg	Sodium	1150 mgs

Instead of Salt.....
USE HERBS & SPICES

Try using spices and herbs to flavor foods instead of salt in recipes or at the table. Use the spices sparingly until you decide the taste level that best suits your family.

Allspice	Dried unripe berry, it is not a blend of "all spice" but it reminds people of cinnamon, nutmeg and cloves. Use in: pickling baked apples, puddings, cakes and cookies, meat and fish recipes. It has a warm sweet flavor.
Basil	Bright green leafy plant. Use in: in pasta and tomato dishes, it blends well with garlic, thyme, and oregano. The herb complements meat, vegetables, cheese, and egg dishes. Has a sweet herbal aroma.
Bay Leaves	Comes from the laurel tree. Bay Leaves are used in: soups, stews, meat and vegetable dishes. Provides a pungent aroma and flavor.
Cayenne	Made from dried pods of chili peppers. Provides a "hot and spicy" flavor. Use in: stews, sauces and salad dressings.
Chili Powder	Provides a "hot" flavor. Use in: stews, boiled eggs, chili and other Mexican dishes.
Cinnamon	Dried bark of laurel tree. Possibly most the common baking spice, Use in: sweet potatoes, cakes, cookies, and desserts. Cinnamon has a sweet, woody fragrance in both ground and stick forms.
Cloves	Dried unopened flower bud. Ground Cloves add spicy depth to gingerbread, cookies, applesauce, muffins, cakes, and other sweets. It's a secret ingredient in barbecue and cocktail sauces. If used whole, remove before serving. Cloves are strong, pungent, and sweet.
Cream of Tartar	Cream of Tartar is a natural, pure ingredient left behind after grape juice has fermented to wine. Cream of Tartar is used to stabilize egg white foams. It is also a major ingredient in baking powder. Cream of Tartar has no aroma and has an acidic flavor.
Curry	Provides a strong, distinctive flavor. It is a combination of cumin, turmeric, ginger, dill, black pepper, cayenne, mace, and coriander. Use in: egg and cheese dishes, rice, potatoes, meat dishes and in sauces.
Dill	Is in the parsley family. The Dill Seed flavor is clean, pungent, and reminiscent of caraway. Dill Weed has a similar but mellower and fresher flavor. Use in: sauces, on potatoes and other vegetables, on salads, in soups/stews.
Thyme	The leaf of a low growing shrub. Thyme is often included in seasoning blends for poultry and stuffing. Use in: fish sauces, chowders, and soups. Rub Thyme over lamb, pork, or beef roasts. Add carefully; very penetrating. Use in soups, stews, meat loaf, onions, carrots, beets, stuffing and sauces.

Ginger	A fibrous root. Ginger is used in gingerbread, ginger ale, gingersnaps. Ginger has a slightly biting and hot note. Its aroma is rich, sweet, warm, and woody. Use in: cakes, cookies, breads.
Nutmeg	Seed of an evergreen tree. Nutmeg and mace spices come from the tree's fruit. Nutmeg is a mild baking spice and is used in: sausages, meats, soups, and preserves. Nutmeg is commonly added to eggnog, puddings, and fruit pies. Nutmeg is more pungent and sweeter than mace.
Oregano	A dried herb in the mint family. Oregano is the spice that gives pizza its characteristic flavor. Use in: tomato sauce dishes, egg dishes and on salads.
Paprika	Comes from mild red peppers. Paprika ranges from sweet and mild to hot. Use in: potato dishes, shellfish and salad dressing.
Parsley	Is a mild and versatile herb. Parsley is most popular as a garnish and is an excellent breath freshener. It is high in vitamins A and C, and contains iron, iodine, and copper. Parsley has a light, fresh scent and flavor. Use with: meat, vegetables, soups, eggs, on potatoes.
Pepper	Is a dried berry. Black Pepper, the spiciest, is berries that are picked unripe. Black Pepper has a sharp, pungent aroma and flavor. White Pepper is hotter, less subtle and mildly fermented. Green Peppercorn is milder in flavor and has a fresh taste. Use with: meats, sauces, soups, vegetables and salads.

Source: Eating Right is Basic curriculum: Developed by Michigan State University, EFNEP Cooperative Extension

And http://www.culinarycafe.com/Spices_Herbs

Distributed by University of Nevada Cooperative Extension. (Rev 8/05)

Herbs and Spices for Vegetables

Artichoke: bay leaf, coriander, parsley, savory, thyme	Cabbage: caraway seed, celery seed, cumin, dill, fennel, mustard seed, nutmeg, oregano, paprika, savory, tarragon, turmeric	Carrots: allspice, anise, bay leaf, caraway seed, cinnamon, cloves, dill, fennel, ginger, mace, majoram, mint, nutmeg, parsley, rosemary, sage, thyme	Beans, dried: allspice, bay leaf, celery seed, chili powder, cloves, cumin, mint, mustard seed, oregano, sage, savory, tarragon, turmeric	Beans, lima: cumin, dill, majoram, nutmeg, oregano, sage, savory, tarragon, thyme	Beans, snap: basil, caraway seed, chili powder, dill, majoram, mustard seed, oregano, sage, savory, tarragon, thyme	Beets: allspice, anise, bay leaf, caraway seed, cinnamon, dill, fennel, ginger, mustard seed, savory, tarragon, thyme	Broccoli: caraway seed, dill, mustard seed, oregano, tarragon	Brussels sprouts: basil, caraway seed, dill, mustard seed, sage, thyme	Greens, salad: basil, celery seed, chervil, chives, dill, majoram, oregano, parsley, pepper, sage, savory, tarragon
Mushrooms: chives, dill, majoram, parsley, tarragon, thyme	Onions: caraway seed, curry powder, mustard seed, nutmeg, oregano, parsley, sage, thyme, turmeric	Parsnips: chervil, dill, majoram, parsley, rosemary, sage, thyme	Cauliflower: caraway seed, celery seed, coriander, dill, mace, nutmeg, paprika, parsley	Corn: chili powder, chives, oregano, parsley, sage, savory	Cucumber: basil, chives, cinnamon, cloves, dill, mint, parsley, pepper, tarragon	Eggplant: basil, majoram, oregano, parsley, sage, thyme	Greens, dark leafy: allspice, basil, mace, majoram, nutmeg, oregano, tarragon	Pumpkin: allspice, cardamom, cinnamon, cloves, ginger, mace, nutmeg	Turnip: all spice, dill, mace, nutmeg, paprika, thyme
Squash, summer: chervil, majoram, parsley, pepper, savory	Squash, winter: allspice, basil, cardamom, cinnamon, cloves, fennel, ginger, mace, mustard seed, nutmeg, rosemary	Squash, zucchini: marjoram, oregano, parsley	Peas: allspice, basil, chervil, chives, dill, majoram, mint, oregano, poppy seed, rosemary, sage, savory, tarragon, thyme	Potatoes, sweet: allspice, cardamom, cinnamon, cloves, ginger, mace, nutmeg	Potatoes, white: basil, bay leaf, caraway seed, celery seed, chives, dill, mustard seed, oregano, parsley, pepper, poppy seed, rosemary, savory, tarragon, thyme	Vegetable juices: basil, bay leaf, oregano, parsley, pepper, tarragon			

Notes

[View Details](#) | [Edit](#) | [Delete](#)

Digitized by srujanika@gmail.com

Digitized by srujanika@gmail.com

Digitized by srujanika@gmail.com

Digitized by srujanika@gmail.com

Digitized by srujanika@gmail.com

[View Details](#) | [Edit](#) | [Delete](#)

Digitized by srujanika@gmail.com

[View Details](#) | [Edit](#) | [Delete](#)

Digitized by srujanika@gmail.com

Digitized by srujanika@gmail.com

Digitized by srujanika@gmail.com

Digitized by srujanika@gmail.com

Tips on how to...

EAT LESS FAT

**It may lower
your chances of getting
some kinds of cancer.**

NATIONAL INSTITUTES OF HEALTH
National Cancer Institute

Distributed by University of Nevada Cooperative Extension

When will you cut down on fat?

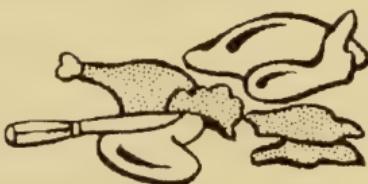
How about starting today!

HERE'S HOW...

- 1 Cut extra fat from your meat and throw the fat away.

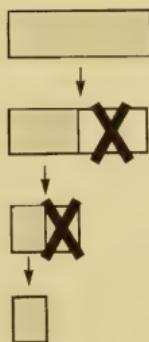


- 2 Before you eat chicken, take off the skin and throw it away.



- 3 Use less fat to cook vegetables.

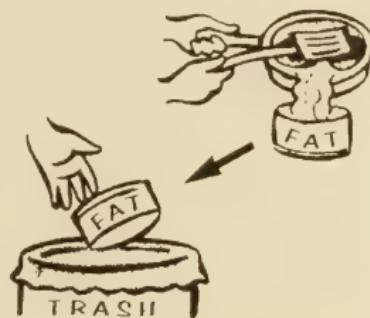
- Cut a piece of fat meat the size you normally use when you cook vegetables.
- Then cut this piece in half.
- Now cut it in half again.
- Use only one piece of this fat meat to cook your vegetables. You will be using 1/4 the fat you usually use.



4 Cook vegetables with:

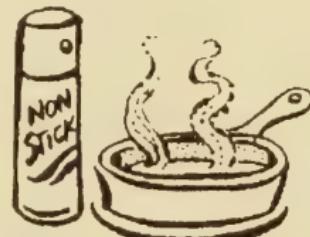
- Fresh turkey parts without skin.
- Fresh garlic, onions, celery, and bell peppers.
- Lemon juice.

5 Pour the fat from the frying pan before you make gravy. Throw the fat away.



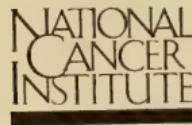
6 Broil, boil, bake, or pan broil your meat instead of frying it. This is how you pan broil it:

- Spray nonstick spray in the bottom of a frying pan. Let it get medium hot.
- Put the meat in the pan. Do not add any more nonstick spray.
- Turn meat often.
- Pour the fat from the pan as the meat cooks. Throw the fat away.



To keep from eating too much fat...

- Try not to fry foods.
- When fat cooks out of meat, pour the fat out and throw it away.
- Eat bread with little butter or margarine.
- Use less fat meat.
- Eat fewer of these foods: fat meats, nuts, peanut butter, mayonnaise, sauces, butter or margarine, ice cream, potato chips, donuts, and cakes.



NIH Publication No. 96-3910

Revised January 1996

(RL-4)

U. S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
National Institutes of Health

A message from the National Cancer Institute with support from
the Office of Minority Health of the U. S. Public Health Service.

University of Nevada Cooperative Extension

The University of Nevada, Reno is an equal opportunity/affirmative action employer and does not discriminate on the basis of race, color, religion, sex, age, creed, national origin, veteran status, physical or mental disability, and in accordance with university policy, sexual orientation, in any program or activity it operates. The University of Nevada employs only United States citizens and aliens lawfully authorized to work in the United States.

HEART HEALTHY SUBSTITUTIONS

A little creativity in the kitchen can make your best dishes even better. Replace traditional recipe items with those that can boost fiber and cut down the total fat, saturated fat, calories, sodium or sugar. The result will be foods that are more health-promoting for your family.

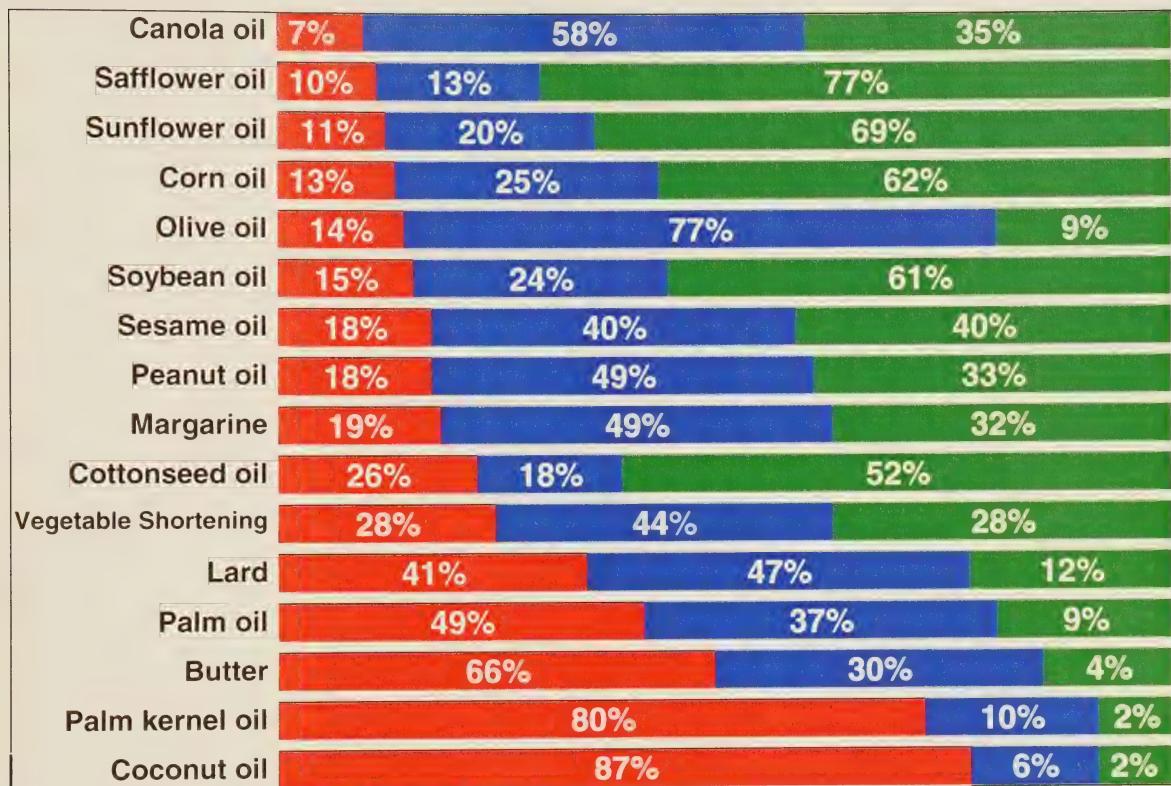
<u>Instead of</u>	<u>Try</u>
Shortening/lard	Vegetable oils.
Butter	Margarines (the softer the better), reduced calorie margarines, butter substitutes.
Butter, margarine, or shortening	For baking, use 1/2 the oil called for in the recipe. Instead of frying in fat use a small amount of water.
Cream cheese	Part skim milk, ricotta cheese or low-fat cottage cheese beaten until smooth.
Heavy cream	Evaporated skim milk or equal parts of part skim milk ricotta cheese and nonfat yogurt beaten until smooth.
Mayonnaise	Plain yogurt or a mixture of yogurt and mayonnaise, or "lite" mayonnaise, or nonfat mayonnaise, nonfat yogurt.
Oil based marinades	Fat-free dressings
Sour cream	Low-fat cottage cheese, or equal parts of low-fat cottage cheese and nonfat yogurt; or plain yogurt (in cooking, yogurt can be substituted for sour cream if you add a tablespoon of cornstarch to every cup of yogurt to prevent separating).
Whipped cream	Whip 1/3 cup of heavy cream until very stiff and fold in 2/3 cup of nonfat yogurt, or whip chilled evaporated skim milk.
Non dairy creamer	Nonfat powdered milk.
Salad dressing	Use less oil and more vinegar and water when making dressings. Also try low-fat, commercial dressings or a flavored vinegar.
Bacon	Canadian bacon, lean ham, smoked turkey.
American cheese	Fat-free American, "lite" or reduced fat cheese.
Bulgarian buttermilk	Buttermilk made from skim or 1% milk.

Cream style cottage cheese	Nonfat cottage cheese.
Evaporated milk	Substitute an equal amount of evaporated skim milk, (must be partially frozen to whip) or use 1 cup skim milk mixed with 1 cup nonfat dry milk powder.
Hard cheese	Fat-free cheeses or reduced fat cheeses.
Mozzarella cheese	Part skim Mozzarella, fat-free Mozzarella.
Whole milk	Skim milk or nonfat powdered milk (reconstituted), 1% milk.
Egg noodle	Plain noodles, spaghetti, macaroni with no added fat.
Hamburger/ground chuck	Healthy choice ground beef, ground turkey breast, ground chicken.
Pork/beef sausage	Ground turkey sausage, lean ground pork sausage.
Pork chop	Pork cutlet, pork loin.
Whole chicken	Chicken breast, skinned.
Whole eggs	In baking, use 2 egg whites for 1 whole egg. Egg substitutes may be used for baking and making egg dishes such as scrambled eggs.
Chocolate/cocoa butter	3 tablespoons cocoa plus 1 tablespoon vegetable oil or 3 tablespoons cocoa plus 1 tablespoon margarine.
Gravy	Chicken or beef granules (low sodium are available - consult your physician) thicken with cornstarch.
Sugar	For amount stated in recipe, substitute 1/4 to 1/3 less. As a rule use no more than 1/4 cup of sugar or other sweetener per 1 cup of flour. Add a little vanilla or cinnamon to add a sweeter flavor. For diabetics, check the use of your favorite sugar substitute in cooking.

Sources:

1. Eating Right is Basic curriculum: Developed by Michigan State University, EFNEP Cooperative Extension.
Distributed by University of Nevada Cooperative Extension.
2. Gone with the Fat; Avis, Jen Bays, LDN, RD & Ward, Kathy F., LDN, RD, printed by Wimmer 1994.

COMPARISON OF FATTY ACID PERCENTAGES IN FATS AND OILS



Source: *Comparison of Foods*, Agriculture Handbook, No. 8-4,
Washington, D.C., USDA, 1990.

Saturated Fatty Acids

Monounsaturated Fatty Acids

Polyunsaturated Fatty Acids

Notes

FIBER FACTS

Fiber is indigestible plant material that passes through the system and is excreted. "Along the way" it has several important effects.

TYPES	BENEFITS	FOOD SOURCES
Water soluble (dissolves in water)	may lower blood cholesterol improved control of diabetes	apple peels barley broccoli cabbage carrots cauliflower dried beans oat bran peas potatoes
water insoluble	decreases risk of: constipation diverticular disease hemorrhoids	broccoli brussel sprouts cabbage dried beans green beans whole-wheat products

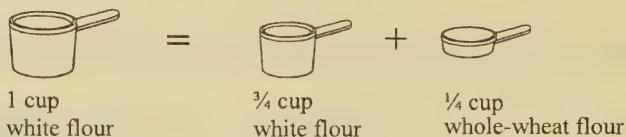
Research continues to show that fiber may protect against colon cancer. It is recommended that approximately 25 grams of dietary fiber be consumed daily. To increase your fiber intake, consume:

- ✓ 2-4 fruits (with edible peels and seeds)
- ✓ 3-5 vegetables
- ✓ 6-11 servings of grains (whole grains are high in fiber)
- ✓ 1 serving of dried beans/peas instead of one meat serving once a day

Fruits, vegetables, grains and dried beans/peas contain no cholesterol and only trace amounts of fat. Increase dietary fiber gradually to prevent gas.

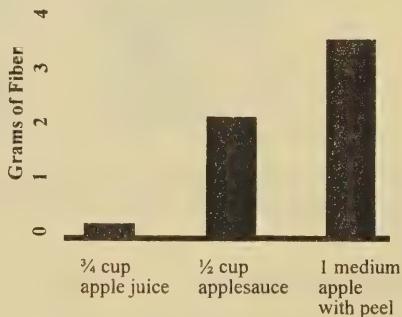
Add More Fiber to Your Diet

- Use whole-wheat flour in almost any recipe calling for white flour. Substitute whole-wheat flour for $\frac{1}{4}$ of the white enriched flour.



- In breads, muffins and pancakes substitute even more whole-wheat flour for white. Try substituting whole-wheat for half of the white enriched flour.
- Include 3 servings a day of whole-grain products, such as whole-wheat bread, hot oatmeal or other whole-grain cereal.
- Substitute brown rice for white rice.
- You need to drink fluids for dietary fiber to work safely and effectively. Increase the fiber in your diet a little at a time so your body can adjust.

Let's compare different forms of an apple for fiber.



Eating Right is Basic

Adapted from University of Massachusetts Extension

Distributed by University of Nevada Cooperative Extension

The University of Nevada, Reno is an equal opportunity/affirmative action employer and does not discriminate on the basis of race, color, religion, sex, age, creed, national origin, veteran status, physical or mental disability, and in accordance with University policy, sexual orientation, in any program or activity it operates. The University of Nevada employs only United States citizens and aliens lawfully authorized to work in the United States.

WHAT'S YOUR FIBER SCORE?

Most people in the United States do not eat enough fiber for health. To get your fiber score up, to 20 or 30 grams of fiber per day, try eating more fresh fruits and vegetables, whole grains, dried beans, split peas, and lentils. Meats and dairy products do not contain fiber. Remember that more than 35 grams of fiber per day is too much for most people.

Eat up to 20 or 30 grams of fiber each day.

100% Bran Cereals, 1 ounce

Cooked or Canned Dried Beans (kidney, pinto, garbanzo, navy), 1/2 cup

Vegetarian Baked Beans, 1/2 cup

Baked Potato with Skin, one

Bran Flakes with Raisins, 3/4 cup

Dried Figs or Prunes, 1/4 cup

Fresh Pear, one

Whole Wheat Pasta, 1 cup cooked

Lentils, 1/2 cup cooked

Wheatgerm, 1/4 cup

Orange, one

Cooked Oatmeal, 3/4 cup

Apple with Skin, one

Cooked Sweetpotato, 1/2 cup

Cooked Corn or Green Peas, 1/2 cup

Winter Squash, 1/2 cup

Shredded Wheat, 1 biscuit

Sunflower Seeds, 1/4 cup

Raw Carrot, 1 carrot

Regular Spaghetti or Macaroni, 1 cup cooked

Toasted Oat Cereal, 1 cup

Broccoli, 1/2 cup cooked

Green Beans, 1/2 cup cooked

Spinach, 1/2 cup cooked

Strawberries 1/2 cup fresh

Peanut Butter, 2 Tablespoons

Whole Wheat, Oat or Rye Bread, 1 slice

Banana, 1 medium

Brown Rice, 1/2 cup cooked

Tomato, 1 raw

Cabbage, 1/2 cup raw

Plain Bagel, one

Popcorn, plain, 1 cup

Grapefruit, 1/2

Green Pepper, 1/2 raw pepper

Corn Flakes, 1 cup

Grape juice, 1/2 cup

Romaine Lettuce, 1/2 cup

White Bread, 1 slice

White Rice, 1/2 cup cooked

Orange juice, 3/4 cup

Crispy Rice Cereal, 1 cup

Apple juice, 3/4 cup

Iceberg Lettuce, 1/2 cup

Saltines or Graham Crackers, 2 crackers

7 to 10 Grams per serving

4 to 6.9 Grams per serving

3 to 3.9 Grams per serving

2 to 2.9 Grams per serving

1 to 1.9 Grams per serving

0.5 to 0.9 Grams per serving

Less than 0.5 Grams per serving



Material adapted from:



UNIVERSITY OF CONNECTICUT
COOPERATIVE EXTENSION SYSTEM
• College of Agriculture and Natural Resources •

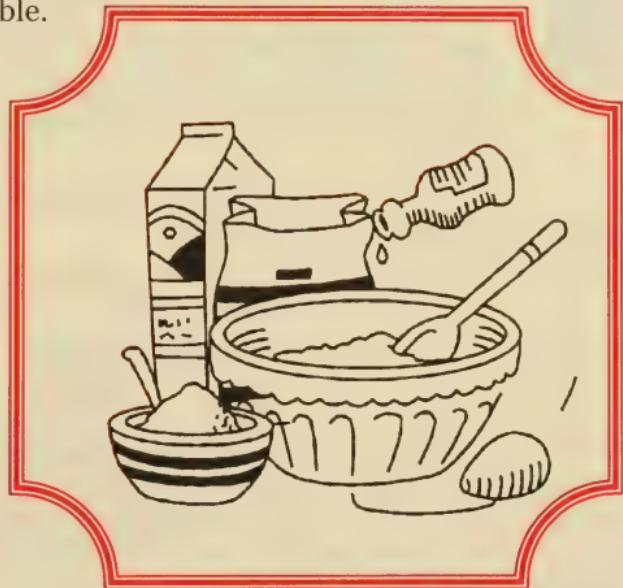
The University of Nevada, Reno is an equal opportunity/affirmative action employer and does not discriminate on the basis of race, color, religion, sex, age, creed, national origin, veteran status, physical or mental disability, and in accordance with university policy, sexual orientation, in any program or activity it operates. The University of Nevada employs only United States citizens and aliens lawfully authorized to work in the United States.

Notes

How to Modify a Recipe

Adapted from Wanema Flasher
Ohio State University Extension

Just because a recipe calls for a specific ingredient doesn't mean you must use that ingredient. Your favorite recipes can be modified to make them more nutritious or lower in fat by reducing or substituting ingredients that are more acceptable.



This fact sheet will show you a few ways to decrease the amount of fat, calories, sugar and salt in your recipes. It will also tell you how to increase the fiber in your recipes to make your food more nutritious.

Remember that recipes are only guidelines - not rules - for preparing food. Don't be afraid to experiment!

Instead of modifying your existing recipes, you can also find other recipes that are similar to your recipes but have less fat or sugar and more nutritious ingredients. Another way to control the amount of fats you consume is to reduce the amount of food you eat. Remember: fat should be 30% or less of your overall calorie intake.

To decrease your total fat and calories...



Reduce fat in baked products

Reduce the amount of fat in baked products by 1/4 to 1/3. For example, if a cookie, quick bread or muffin recipe calls for 1 cup oil, use 2/3 cup instead. (Do not use this method for yeast breads and pie crusts.)

Use vegetable oil instead of solid fats



Instead of using solid fats such as shortening, lard and butter, use vegetable oil in your recipes. Types of vegetable oils include corn oil, canola oil and peanut oil. To substitute liquid oil for solid fats, use about 1/4 less than the recipe calls for. For example, if a recipe calls for 1/4 cup shortening or butter (4 tablespoons), use 3 tablespoons oil instead.

Use plain lowfat or nonfat yogurt instead of sour cream

In baking, use plain lowfat or nonfat yogurt in the same proportion as sour cream and save on saturated fat calories. You can also substitute buttermilk or blended lowfat cottage cheese.

This method produces savings of 44 grams of fat!

1 cup sour cream=495 calories=48 grams total fat
=30 grams saturated fat

1 cup lowfat yogurt=145 calories=4 grams total fat
=2.3 grams saturated fat

Use skim or 1% milk instead of whole milk or half-and-half

Another way to decrease the amount of fat and calories in your recipes is to use skim milk or 1% milk instead of whole milk or half-and-half. For extra richness, try evaporated skim milk. This method produces savings of 25 grams of fat!



1 cup half/half=315 calories=28 grams
total fat=17.3 grams saturated fat

1 cup 1% milk=100 calories=3 grams
total fat=1.6 grams saturated fat

To decrease sodium...



Use low sodium or unsalted ingredients

To decrease the amount of sodium in your foods, use low sodium or unsalted ingredients in your recipes. Sodium intake for adult should be 1,100 - 3,300 mg per day. This equals about 1/2 to 1-1/2 teaspoon salt. (Do not omit salt in yeast breads because it controls the rising action of yeast.)

1 teaspoon salt=2,130 milligrams sodium

1 teaspoon soda=820 milligrams sodium

1 teaspoon baking powder=330 milligrams sodium

To decrease sugar...

Reduce sugar in baked goods and desserts

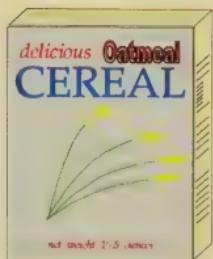


Reduce sugar by 1/4 to 1/3 in baked goods and desserts. Cookies, quick breads and cakes can be successfully baked this way. Substitute applesauce for the omitted sugar. (Do not decrease sugar in yeast breads because sugar feeds the yeast.)

Increase the use of some spices for flavor

In addition to reducing the amount of sugar in your recipes, you can increase the use of some spices for flavor. Adding cardamom, cinnamon, nutmeg or vanilla to your recipes will enhance the impression of sweetness.

To increase fiber...



Choose whole grain for part of your ingredients instead of highly refined products.

Use whole wheat flour, oatmeal and whole cornmeal. Whole wheat flour can be substituted for up to 1/2 of all-purpose flour. For example, if a recipe calls for 2 cups of flour, try 1 cup all purpose flour and 1 cup minus 1 tablespoon whole wheat flour.

Distributed by University of Nevada Cooperative Extension

The University of Nevada, Reno is an equal opportunity/affirmative action employer and does not discriminate on the basis of race, color, religion, sex, age, creed, national origin, veteran status, physical or mental disability, and in accordance with university policy, sexual orientation, in any program or activity it operates. The University of Nevada employs only United States citizens and aliens lawfully authorized to work in the United States.

SUGAR

Reduce Sugar

- Reduce sugar in cookies, pie fillings, custard, puddings, and quick breads by as much as 1/3 the amount in the recipe.



- Add extra spice for a sweeter taste.

Cinnamon Nutmeg
Allspice

- Decrease the amount of sugar you use when freezing fruit.

- Use extracts for flavor.

Vanilla Orange
Peppermint Almond

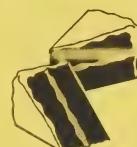
Eliminate Sugar

- Buy fruit packed in its own juice instead of syrup.
- Buy fruit packed in white grape juice.
- Choose 100% fruit juice instead of fruit punch or drinks.
- Choose 100% fruit juice, milk, or water instead of soft drinks.
- Choose fruit, cheese, or breads for snacks instead of sweets.



Use low sugar foods

- Replace up to 1/3 of the sugar in baked goods with fruit juice or applesauce.



Adapted from Colorado State Cooperative Extension
Distributed by University of Nevada Cooperative Extension

The University of Nevada, Reno is an equal opportunity/affirmative action employer and does not discriminate on the basis of race, color, religion, sex, age, creed, national origin, veteran status, physical or mental disability, and in accordance with University policy, sexual orientation, in any program or activity it operates. The University of Nevada employs only United States citizens and aliens lawfully authorized to work in the United States.

CERTIFICATE OF RECOGNITION

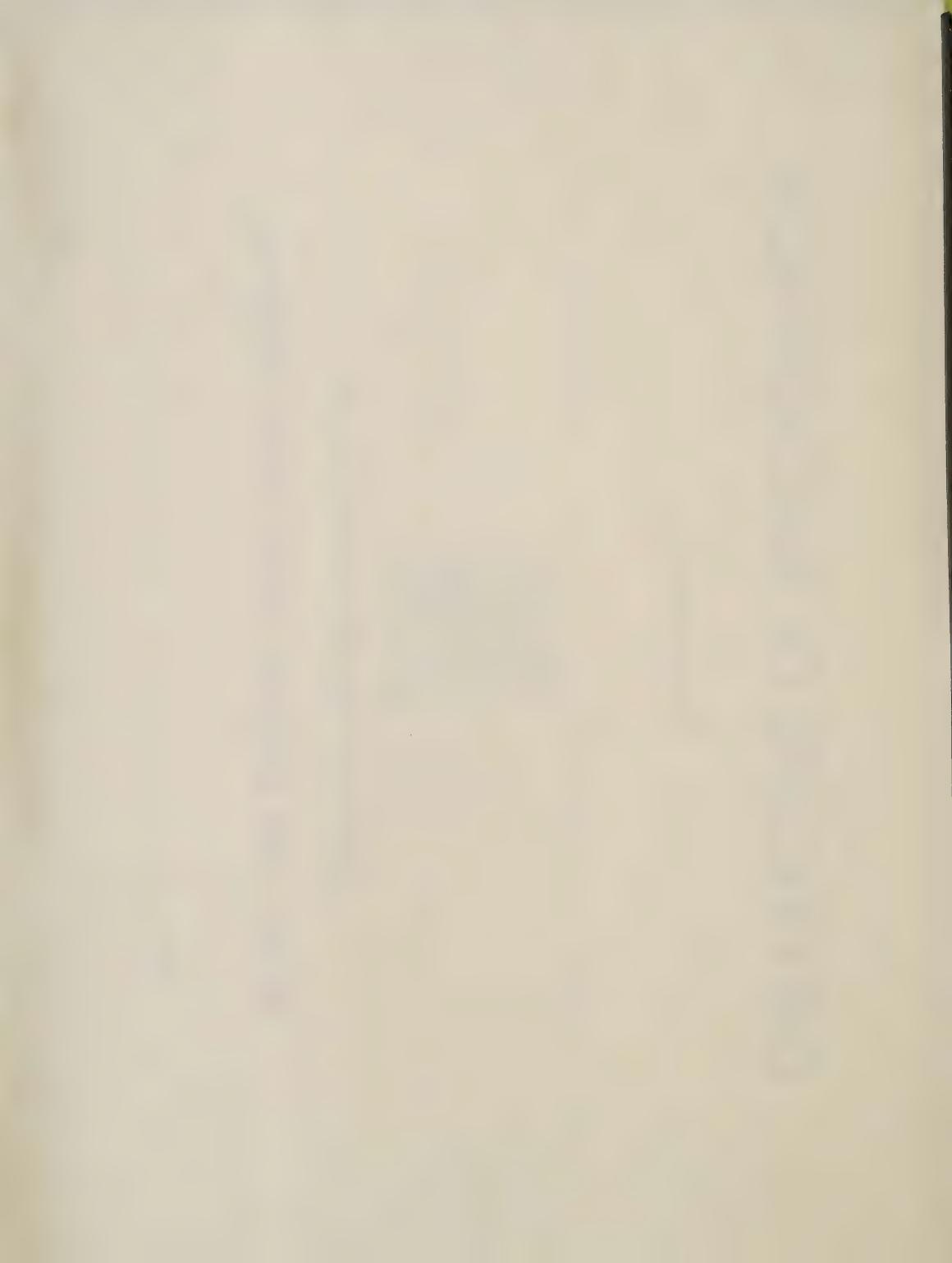
Presented to



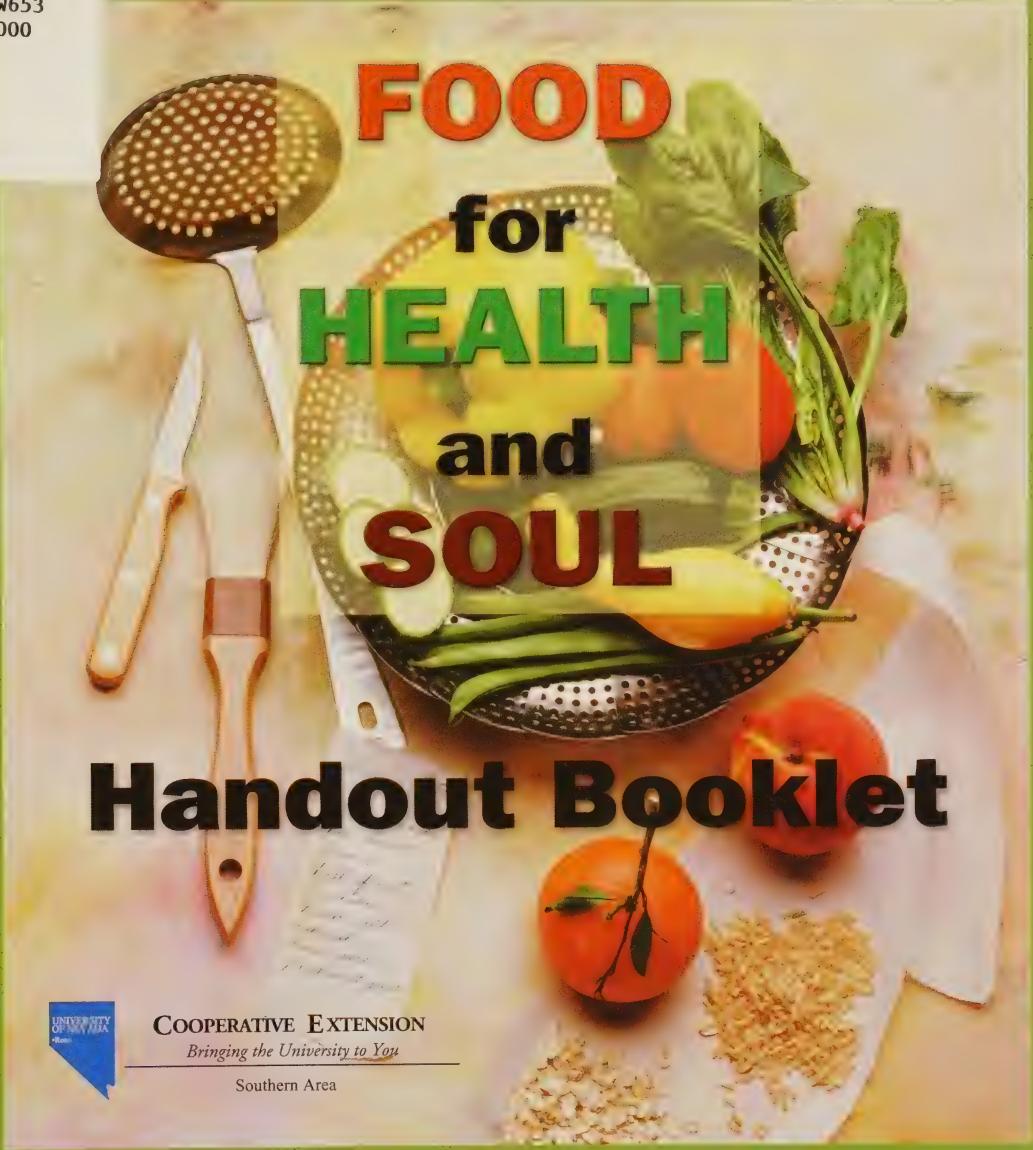
For your participation in the

"FOOD FOR HEALTH AND SOUL" Program.

Date _____



RM216
.W653
2000



FOOD for **HEALTH** and **SOUL**

Handout Booklet



COOPERATIVE EXTENSION
Bringing the University to You

Southern Area

A nutrition curriculum to help you decrease your risk of heart disease, cancer and diabetes by the preparation of healthy "soul food" and other family favorites.

DEVELOPED BY JOYCE M. WOODSON, M.S., R.D.

AND

MILICENT BRAXTON-CALHOUN, M.S.

July 2000

TABLE OF CONTENTS

	Page
I. Lesson 1: Reading Labels for Better Eating	2
Handouts:	
Label Reading for Better Eating	3
II. Lesson 2: Lookout for Salt and Sodium	5
Handouts:	
Better Health With Less Salt and Sodium	6
Smoked Turkey Smoked Hocks	9
III. Lesson 3: Spice is Nice, Herbs To	10
Handouts:	
Instead of Salt Use Herbs and Spices	11
Herbs and Spices For Vegetables	12
IV. Lesson 4: Lookout for Fat	13
Handouts:	
Comparison of Fatty Acids	14
Eat Less Fat	15
Heart Healthy Substitutions	16
V. Lesson 5: Eat Your Fiber, Like Grandma Says	18
Handouts:	
Fiber Facts	19
What's Your Fiber Score?	21
VI. Lesson 6: Make It Naturally Sweet	22
Handout:	
Sugar	23
VII. Conclusion:	24
Handout:	
How To Modify a Recipe	25

LESSON 1

LABEL READING FOR BETTER EATING

Canned Peas:

Nutrition Facts

Serving Size 1/2 cup

Servings Per Container about 3

Amount Per Serving

Calories 60 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 380mg 16%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 14%

Sugars 4g

Protein 4g

Vitamin A 6% • Vitamin C 10%

Calcium 2% • Iron 8%

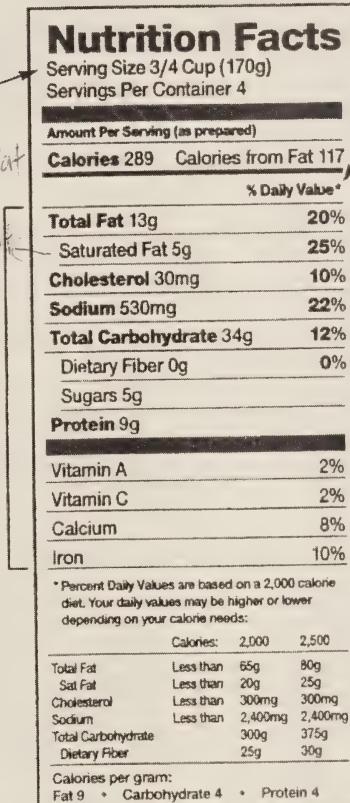
* Percent Daily Values are based on a
2,000 calorie diet

Label Reading for Better Eating

Serving sizes are in common household measurements. Serving sizes are the same for similar products.

These numbers can help you avoid eating too much fat, saturated fat, cholesterol and sodium.

Ingredients are listed in descending order – main ingredient is listed first, smallest ingredient is listed last.



INGREDIENTS: ENRICHED MACARONI (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN), CHEESE SAUCE MIX (WHEY, DEHYDRATED CHEESE (GRANULAR AND CHEDDAR (MILK, CHEESE CULTURE, SALT, ENZYMES)), WHEY PROTEIN CONCENTRATE, SKIM MILK, BUTTERMILK, SODIUM TRIPOLYPHOSPHATE, SODIUM PHOSPHATE, CITRIC ACID, YELLOW 5 (COLOR), YELLOW 6 (COLOR), LACTIC ACID)

% Daily Value shows how a food fits into the overall daily diet.

These numbers can help you avoid eating too much fat, saturated fat, cholesterol and sodium.

These numbers can help you get enough dietary fiber, vitamin A, vitamin C, calcium and iron.

Daily Values are based on recommended nutrient intakes when eating 2,000 calories per day. Daily Values are also listed for persons eating 2,500 calories per day.

Label Reading for Better Eating (cont.)

Use these two package labels to answer the following questions.

A.

Nutrition Facts

Serving Size 1 Cup (25g)
Servings Per Container 10

Amount Per Serving

Calories	Calories from Fat
97	16

% Daily Value*

Total Fat 2g	3%
--------------	----

Saturated Fat 1g	5%
------------------	----

Cholesterol 0mg	0%
-----------------	----

Sodium 231mg	10%
--------------	-----

Total Carbohydrate 18g	6%
------------------------	----

Dietary Fiber 1g	4%
------------------	----

Sugars 5g	
-----------	--

Protein 4g	
------------	--

Vitamin A 22%	• Vitamin C 22%
---------------	-----------------

Calcium 4%	• Iron 22%
------------	------------

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: WHOLE OAT FLOUR (INCLUDES THE OAT BRAN), WHEAT STARCH, SUGAR, SALT, CALCIUM CARBONATE (PROVIDES CALCIUM), TRISODIUM PHOSPHATE, VITAMIN C (SODIUM ASCORBATE), IRON (A MINERAL NUTRIENT), A B VITAMIN (NIACIN), VITAMIN A (PALMITATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID) AND VITAMIN D.

B.

Nutrition Facts

Serving Size 1 Cup (32g)
Servings Per Container 10

Amount Per Serving

Calories	Calories from Fat
125	9

% Daily Value*

Total Fat 1g	2%
--------------	----

Saturated Fat 0g	0%
------------------	----

Cholesterol 0mg	0%
-----------------	----

Sodium 227mg	9%
--------------	----

Total Carbohydrate 26g	9%
------------------------	----

Dietary Fiber 1g	4%
------------------	----

Sugars 14g	
------------	--

Protein 3g	
------------	--

Vitamin A 22%	• Vitamin C 22%
---------------	-----------------

Calcium 4%	• Iron 22%
------------	------------

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: SUGAR, CORN FLOUR, MARSHMALLOWS (SUGAR, CORN SYRUP, DEXTROSE, MODIFIED FOOD STARCH, GELATIN, ARTIFICIAL AND NATURAL FLAVOR, ARTIFICIAL COLOR), OAT FLOUR, WHEAT FLOUR, HYDROGENATED COCONUT AND PALM KERNEL OIL, SALT, NATURAL AND ARTIFICIAL FLAVOR (WITH BHA ADDED TO PRESERVE FRESHNESS) AND ARTIFICIAL COLOR (INCLUDING YELLOW 5). BHT IS ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.

How many servings are in package A? 10

How much total fat is in one serving of the food in package A? 2g

Which food is lower in total fat, the food in package A or the food in package B? B

Which food has more fiber, the food in package A or the food in package B? same

Adapted from "Label Reading for Better Eating" and "Comparing the Labels" in "Stretching Your Food Dollars" from the University of Wisconsin Extension.

LESSON 2

LOOKOUT FOR
SALT AND SODIUM



What is sodium?

Salt (sodium chloride) has long been used as a seasoning for food. Many people feel salt brings out the flavor of food. Salt is made up of two minerals--sodium (40%) and chloride (60%). Both minerals are essential to good health.

Why is sodium necessary?

Sodium is needed to balance body fluids, help muscles, including the heart, to contract and conduct nerve impulses. Sodium is found in bodily fluids, tissues and bones.

How much sodium is needed?

A daily requirement for sodium has not been set. Three hundred to five hundred milligrams per day is believed to be adequate for adults. The National Academy of Science recommends that daily intake of sodium be less than 2,400 milligrams. Unfortunately, most adults take in 2,300-6,900 milligrams per day. This goes beyond that considered safe.

Where is sodium found?

Sodium occurs naturally in many foods we eat. It is found in vegetables, dairy products, eggs, meat, poultry, and often in drinking water. It is also added to foods during processing to preserve flavor or stabilize ingredients. Sources of sodium in the United States are:

naturally in food (10%) from salt shaker (15%) from processed food (75%)
(at the table or during cooking)

1/4 tsp. salt	=	500 mg sodium
1/2 tsp. salt	=	1,000 mg sodium
3/4 tsp. salt	=	1,500 mg sodium
1 tsp. salt	=	2,000 mg sodium

Why limit sodium?

If you eat a lot of foods high in sodium, you may increase your blood pressure. Approximately half of people with high blood pressure (hypertension) are salt sensitive. The proportion of African Americans who are salt sensitive is much higher. Presently, there is no way to identify those who might develop high blood pressure from eating too much sodium. However, eating less sodium is not harmful. High blood pressure is found in 1 out of 4 people in the general population, yet 1 in 3 African Americans has high blood pressure. Another reason to decrease sodium is that a high intake may deplete calcium in the bones. A loss of calcium in the bones will increase the risk of osteoporosis.

Many people have high blood pressure and do not know it--they feel fine. Increased blood pressure is dangerous and can lead to strokes, heart disease and death. Do you know your blood pressure? Moderate sodium intake and regular physical activity will limit your chances of having high blood pressure.

Take control of your health use these steps to...

LIMIT YOUR SODIUM INTAKE

1. Limit these foods.

Bacon	Luncheon meats	Salted chips
Bologna	Salted nuts and seeds	Salted crackers
Bouillon cubes or granola	Olives	Salt pork
Buttermilk	Packaged foods	Sauerkraut
Canned or powdered soup	Pickles	Sausage
Canned vegetables	Pork rinds	Smoked or canned meats
Cheese	Powdered drink mixes	Spaghetti or tomato juice (commercial)
Corned beef	Pretzels	
Frankfurters	Salad dressings	Tomato juice

2. Limit these condiments.

Barbecue sauce	Iodized Salt	Salad dressings
Bouillon	Meat tenderizer	Salt
Catsup	Monosodium glutamate (MSG)	Seasoned salt
Celery salt	Onion salt	Soy sauce
Chili sauce	Pickles	Worcestershire sauce
Hot sauce	Relish	

3. Check the ingredient labels on packaged foods. Look for ingredients that have sodium or salt as part of its name. Ingredients are listed by weight, from greatest to least.

INGREDIENTS: Potatoes, vegetable oil, whey, salt, dried milk solids, sour cream, onion salt, monosodium glutamate, dried parsley , lactic acid, sodium citrate, artificial flavors.

This food contains four different sodium ingredients. Notice that salt is the fourth ingredient in the product by weight. Therefore, this product is probably high in sodium.

4. Use more fresh fruits, vegetables and fresh meats and poultry.
5. Check claims on food labels. Claims must meet strict government definitions.

Per Standard Serving

light sodium	-	50% less sodium
sodium free	-	less than 5 milligrams sodium
very low sodium	-	35 milligrams or less sodium
low sodium	-	140 milligrams or less sodium

The nutrition label will list the milligrams of sodium in a food.

6. Low-sodium and reduced-sodium products can be found in the supermarket. Try the following products made with less sodium.

- Canned vegetables, vegetable juices and sauces
- Canned soups
- Dried soup mixes, bouillon
- Condiments
- Snack foods (chips, nuts, pretzels)
- Ready-to-eat cereals
- Bread, bakery products
- Butter, margarine
- Cheeses
- Tuna
- Processed meats

Herb (urb, hurb) *n.* leaves of plants and shrubs with non-woody stems

Spice (spis) *n.* comes from bark, roots, fruits, seeds or flavors of plants

7. Use herbs and spices in place of salt. Spices and herbs can be used to enhance the flavor of a fat- or sodium-reduced food. Check your supply of herbs and spices. A herb or spice bought for one special recipe may be used in others. The label on the container usually suggests uses of the spice or herb. Powdered herbs are stronger than crumbled, and dried herbs are stronger than fresh herbs. If a recipe calls for 1/4 teaspoon powdered herb, you can use 3/4 to 1 teaspoon crumbled or flaked, or 2 teaspoons fresh herb.

Start with 1 teaspoon of a mild herb (dried) or spice (such as oregano, basil, cumin, and cinnamon) per six servings. Use only 1/4 teaspoon of a strong herb or spice (such as rosemary, cloves, nutmeg, ginger, mustard, allspice) per six servings.

Use the spices sparingly until you decide the taste level that best suits your family.

It is easiest to reduce sodium and salt gradually. Each week use less salt foods. You will not notice the change. The taste for salt is learned and can be unlearned. Soon salty foods will taste too salty.

Smoked Turkey

Serving Size 3 oz

Calories 120

Fat 5 g

Saturated Fat 1.5 mg

Sodium 500 mg

Smoked Hocks

Serving Size 3 oz

Calories 300

Fat 24 g

Saturated Fat 7 g

Sodium 1150 mgs

LESSON 3

SPICE IS NICE,
HERBS TOO



Herbs and Spices for Vegetables

Artichoke: bay leaf, coriander, parsley, savory, thyme

Asparagus: chives, marjoram, mustard seed, parsley, tarragon, thyme

Beans, dried: allspice, bay leaf, celery seed, chili powder, cloves, cumin, mint, mustard seed, oregano, sage, savory, tarragon, turmeric.

Beans, lima: cumin, dill, marjoram, nutmeg, oregano, sage, savory, tarragon, thyme.

Beans, snap: basil, caraway seed, chili powder, dill, marjoram, mustard seed, oregano, sage, savory, tarragon, thyme.

Beets: allspice, anise, bay leaf, caraway seed, cinnamon, dill, fennel, ginger, mustard seed, savory, tarragon.

Broccoli: caraway seed, dill, mustard seed, oregano, tarragon.

Brussels sprouts: basil, caraway seed, dill, mustard seed, sage, thyme.

Cabbage: caraway seed, celery seed, cumin, dill, fennel, mustard seed, nutmeg, oregano, paprika, savory, tarragon, turmeric

Carrots: allspice, anise, bay leaf, caraway seed, cinnamon, cloves, dill

fennel, ginger, mace, marjoram, mint, nutmeg, parsley, rosemary, sage, thyme.

Cauliflower: caraway seed, celery seed, coriander, dill, mace, nutmeg, paprika, parsley.

Corn: chili powder, chives, oregano, parsley, sage, savory

Cucumber: basil, chives, cinnamon, cloves, dill, mint, parsley, pepper, tarragon.

Eggplant: basil, marjoram, oregano, parsley, sage, thyme.

Greens, dark leafy: allspice, basil, mace, marjoram, nutmeg, oregano, tarragon.

Greens, salad: basil, celery seed, chervil, chives, dill, marjoram, oregano, parsley, pepper, sage, savory, tarragon.

Mushrooms: chives, dill, marjoram, parsley, tarragon, thyme.

Onions: caraway seed, curry powder, mustard seed, nutmeg, oregano, parsley, sage, thyme, turmeric.

Parsnips: chervil, dill, marjoram, parsley, rosemary, sage, thyme.

Peas: allspice, basil, chervil, chives, dill, marjoram, mint, oregano, poppy seed,

rosemary, sage, savory, tarragon, thyme.

Potatoes, sweet: allspice, cardamom, cinnamon, cloves, ginger, mace, nutmeg.

Potatoes, white: basil, bay leaf, caraway seed, celery seed, chives, dill, mustard seed, oregano, parsley, pepper, poppy seed, rosemary, savory, tarragon, thyme.

Pumpkin: allspice, cardamom, cinnamon, cloves, ginger, mace, nutmeg.

Squash, summer: chervil, marjoram, parsley, pepper, savory.

Squash, winter: allspice, basil, cardamom, cinnamon, cloves, fennel, ginger, mace, mustard seed, nutmeg, rosemary.

Squash, zucchini: marjoram, oregano, parsley.

Tomatoes: basil, bay leaf, celery seed, chervil, chili powder, chives, curry powder, dill, oregano, parsley, sage, savory, tarragon, thyme.

Turnips: allspice, dill, mace, nutmeg, paprika, thyme.

Vegetable juices: basil, bay leaf, oregano, parsley, pepper, tarragon.

**Instead of Salt.....
USE HERBS & SPICES**

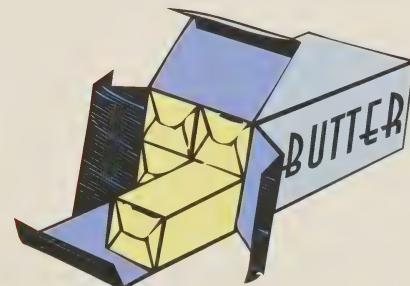
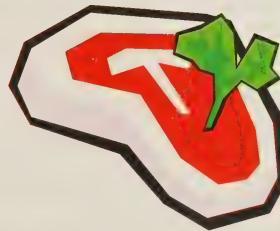
Try using spices and herbs to flavor foods instead of salt in recipes or at the table. Use the spices sparingly until you decide the taste level that best suits your family.

Allspice	Combines cinnamon, nutmeg and cloves. Use in: pickling, baked apples, puddings, cakes and cookies, meat and fish recipes.
Basil	Use in: soups, stews, eggplant, squash, tomatoes, sauces, egg dishes stuffing, tossed salads and potatoes.
Bay Leaves	Provides a pungent aroma and flavor. Use in: stews, lentils soups, tomato sauces.
Cayenne	Provides a "hot and spicy" flavor. Use in: stews, sauces and salad dressings.
Chili Powder	Provides a "hot" flavor. Use in: stews, boiled eggs, chili and other Mexican dishes.
Cinnamon	Use in: sweet potatoes, cinnamon toast, French toast, applesauce, pies, pears, peaches, cakes, cookies, and puddings.
Cloves	If used whole, remove before serving. Use in: potato soup, pork roast, stews, cookies, cakes, stewed fruits, cooked apples and oranges.
Cream of Tartar	Use in: dishes containing beaten eggs whites.
Curry	Provides a strong, distinctive flavor. Is a combination of cumin, tumeric, ginger, dill, black pepper, cayenne, mace, coriander and fenugreek. Use in: egg and cheese dishes, meat dishes and in sauces.
Dill	Use in: sauces, on potatoes and other vegetables, on salads, in soups/stews.
Onion	Use in any dish where onion flavor is desired. (powder or flakes)
Thyme	Add carefully; very penetrating. Use in soups, stews, meat loaf, onions, carrots, beets, stuffing and sauces.
Ginger	Use in: cakes, cookies, breads, rice, pudding.
Mustard(dry)	Contributes a strong flavor. Use in: sauces and salad dressings.
Nutmeg	Use in: cakes, puddings, gingerbread and eggnog.
Oregano	Use in: tomato sauce dishes, egg dishes and on salads.
Paprika	Use in: potato dishes, shellfish and salad dressing.
Parsley	Is mild and versatile. Use with: meat, vegetables, soups, eggs, on potatoes.
Pepper	Adds strong flavor. Use with: meats, sauces, soups, vegetables and salads.

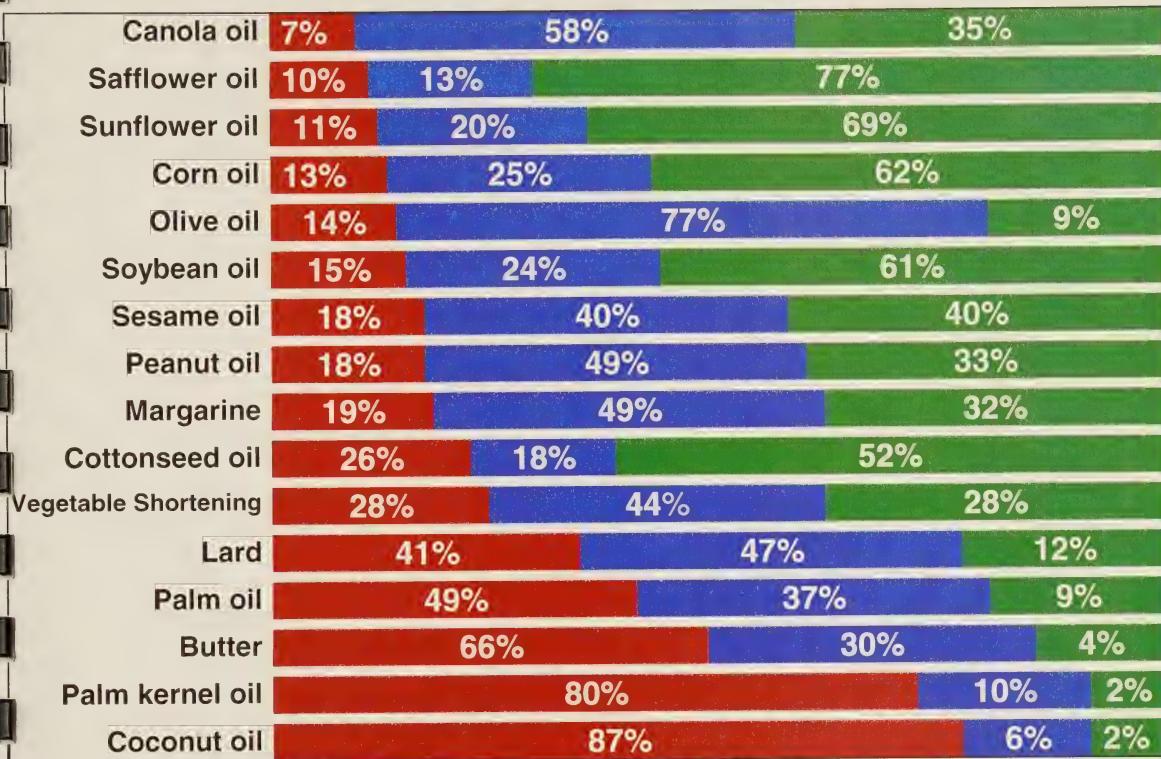
Source: Eating Right is Basic curriculum: Developed by Michigan State University, EFNEP Cooperative Extension.
Distributed by University of Nevada Cooperative Extension.

LESSON 4

LOOKOUT FOR FAT



COMPARISON OF FATTY ACID PERCENTAGES IN FATS AND OILS



Source: *Comparison of Foods*, Agriculture Handbook, No. 8-4,
Washington, D.C., USDA, 1990.

Saturated Fatty Acids

Monounsaturated Fatty Acids

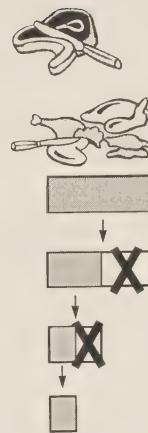
Polyunsaturated Fatty Acids

When will you cut down on fat?

How about today!

HERE'S HOW....

1. **Cut extra fat from your meat and throw the fat away.**
2. **Before you eat chicken, take off the skin and throw it away.**
3. **Use less fat to cook vegetables.**
 - Cut a piece of fat meat the size you normally use when you cook vegetables.
 - Then cut this piece in half.
 - Now cut it in half again.
 - Use only one piece of this fat meat to cook your vegetables. You will be using $\frac{1}{4}$ the fat you usually use.
4. **Cook vegetables with:**
 - Fresh turkey parts without skin.
 - Fresh garlic, onions, celery, and bell peppers.
 - Lemon juice.
5. **Pour the fat from the frying pan before you make gravy. Throw the fat away.**
6. **Broil, boil, bake or pan broil your meat instead of frying it. This is how you pan broil it:**
 - Spray nonstick spray in the bottom of a frying pan. Let it get medium hot.
 - Put the meat in the pan. Do not add any more nonstick spray.
 - Turn meat often.
 - Pour the fat from the pan as the meat cooks. Throw the fat away.



To keep from eating too much fat...

- Try not to fry foods.
- When fat cooks out of meat, pour the fat out and throw it away.
- Eat bread with little butter or margarine.
- Use less fat meat.
- Eat fewer of these foods: fat meats, nuts, peanut butter, mayonnaise, sauces, butter or margarine, ice cream, potato chips, donuts, and cakes.

HEART HEALTHY SUBSTITUTIONS

A little creativity in the kitchen can make your best dishes even better. Replace traditional recipe items with those that can boost fiber and cut down the total fat, saturated fat, calories, sodium or sugar. The result will be foods that are more health-promoting for your family.

<u>Instead of</u>	<u>Try</u>
Shortening/lard	Vegetable oils.
Butter	Margarines (the softer the better), reduced calorie margarines, butter substitutes.
Butter, margarine, or shortening	For baking, use 1/2 the oil called for in the recipe. Instead of frying in fat use a small amount of water.
Cream cheese	Part skim milk, ricotta cheese or low-fat cottage cheese beaten until smooth.
Heavy cream	Evaporated skim milk or equal parts of part skim milk ricotta cheese and nonfat yogurt beaten until smooth.
Mayonnaise	Plain yogurt or a mixture of yogurt and mayonnaise, or "lite" mayonnaise, or nonfat mayonnaise, nonfat yogurt.
Oil based marinades	Fat-free dressings
Sour cream	Low-fat cottage cheese, or equal parts of low-fat cottage cheese and nonfat yogurt; or plain yogurt (in cooking, yogurt can be substituted for sour cream if you add a tablespoon of cornstarch to every cup of yogurt to prevent separating).
Whipped cream	Whip 1/3 cup of heavy cream until very stiff and fold in 2/3 cup of nonfat yogurt, or whip chilled evaporated skim milk.
Non dairy creamer	Nonfat powdered milk.
Salad dressing	Use less oil and more vinegar and water when making dressings. Also try low-fat, commercial dressings or a flavored vinegar.
Bacon	Canadian bacon, lean ham, smoked turkey.
American cheese	Fat-free American, "lite" or reduced fat cheese.
Bulgarian buttermilk	Buttermilk made from skim or 1% milk.

Cream style cottage cheese	Nonfat cottage cheese.
Evaporated milk	Substitute an equal amount of evaporated skim milk, (must be partially frozen to whip) or use 1 cup skim milk mixed with 1 cup nonfat dry milk powder.
Hard cheese	Fat-free cheeses or reduced fat cheeses.
Mozzarella cheese	Part skim Mozzarella, fat-free Mozzarella.
Whole milk	Skim milk or nonfat powdered milk (reconstituted), 1% milk.
Egg noodle	Plain noodles, spaghetti, macaroni with no added fat.
Hamburger/ground chuck	Healthy choice ground beef, ground turkey breast, ground chicken.
Pork/beef sausage	Ground turkey sausage, lean ground pork sausage.
Pork chop	Pork cutlet, pork loin.
Whole chicken	Chicken breast, skinned.
Whole eggs	In baking, use 2 egg whites for 1 whole egg. Egg substitutes may be used for baking and making egg dishes such as scrambled eggs.
Chocolate/cocoa butter	3 tablespoons cocoa plus 1 tablespoon vegetable oil or 3 tablespoons cocoa plus 1 tablespoon margarine.
Gravy	Chicken or beef granules (low sodium are available - consult your physician) thicken with cornstarch.
Sugar	For amount stated in recipe, substitute 1/4 to 1/3 less. As a rule use no more than 1/4 cup of sugar or other sweetener per 1 cup of flour. Add a little vanilla or cinnamon to add a sweeter flavor. For diabetics, check the use of your favorite sugar substitute in cooking.

Sources:

1. Eating Right is Basic curriculum: Developed by Michigan State University, EFNEP Cooperative Extension.
Distributed by University of Nevada Cooperative Extension.
2. Gone with the Fat; Avis, Jen Bays, LDN, RD & Ward, Kathy F., LDN, RD, printed by Wimmer 1994.

LESSON 5

EAT YOUR FIBER,
LIKE GRANDMA SAYS



FIBER FACTS

Fiber is indigestible plant material that passes through the system and is excreted. “Along the way” it has several important effects.

TYPES	BENEFITS	FOOD SOURCES
Water soluble - dissolves in water to become gummy	may lower blood cholesterol improved control of diabetes	   apple barley broccoli cabbage carrots cauliflower dried beans oat bran peas sweet potatoes black eye peas lentils oranges corn
Water insoluble – adds bulk and softness	decreases risk of: constipation diverticular disease hemorrhoids	 broccoli brussel sprouts cabbage dried beans green beans whole-grain products skin of fruit & vegetables popcorn sweet potatoes 

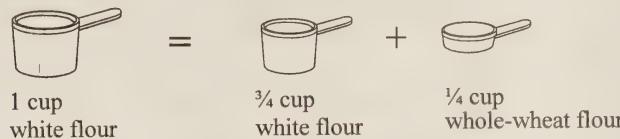
Research continues to show that fiber may protect against colon cancer. It is recommended that approximately 25 grams of dietary fiber be consumed daily. To increase your fiber intake, consume:

- ✓ 2-4 fruits (with edible peels and seeds)
- ✓ 3-5 vegetables
- ✓ 6-11 servings of grains (whole grains are high in fiber)
- ✓ 1 serving of dried beans/peas instead of one meat serving once a day

Fruits, vegetables, grains and dried beans/peas contain no cholesterol and only trace amounts of fat. Increase dietary fiber gradually to prevent gas. Water and other fluids (8 cups per day) will help prevent gas and help fiber to do its job.

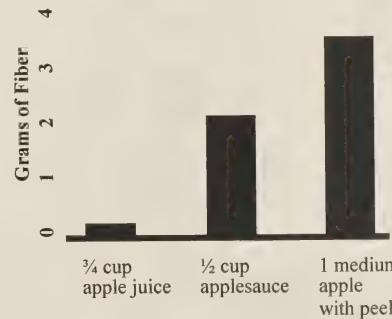
Add More Fiber to Your Diet

- Use whole-wheat flour in almost any recipe calling for white flour. Substitute whole-wheat flour for $\frac{1}{4}$ of the white enriched flour.



- In breads, muffins and pancakes substitute even more whole-wheat flour for white. Try substituting whole-wheat for half of the white enriched flour.
- In muffin recipes, substitute bran for $\frac{1}{2}$ of flour.
- Include 3 servings a day of whole-grain products, such as whole-wheat bread, hot oatmeal or other whole-grain cereal.
- Substitute brown rice for white rice.
- You need to drink fluids for dietary fiber to work safely and effectively. Increase the fiber in your diet a little at a time so your body can adjust.

Let's compare different forms of an apple for fiber.



Eating Right is Basic

Adapted from University of Massachusetts Extension

LESSON 6

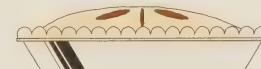
MAKE IT
NATURALLY SWEET



SUGAR

Reduce Sugar

- Reduce sugar in cookies, pie fillings, custard, puddings, and quick breads by as much as 1/3 the amount in the recipe.



- Add extra spice for a sweeter taste.

Cinnamon	Nutmeg
Allspice	

- Decrease the amount of sugar you use when freezing fruit.

- Use extracts for flavor.

Vanilla	Orange
Peppermint	Almond

Eliminate Sugar



- Buy fruit packed in its own juice instead of syrup.
- Buy fruit packed in white grape juice.
- Choose 100% fruit juice instead of fruit punch or drinks.
- Choose 100% fruit juice, milk, or water instead of soft drinks.
- Choose fruit, cheese, or breads for snacks instead of sweets.



Use low sugar foods

- Replace up to 1/3 of the sugar in baked goods with fruit juice or applesauce.

Adapted from Colorado State Cooperative Extension



CONCLUSION

HOW TO MODIFY A RECIPE



How to Modify a Recipe

Just because a recipe calls for a specific ingredient doesn't mean you must use that ingredient. Your favorite recipes can be modified to make them more nutritious or lower in fat by reducing or substituting ingredients that are more acceptable.



This fact sheet will show you a few ways to decrease the amount of fat, calories, sugar and salt in your recipes. It will also tell you how to increase the fiber in your recipes to make your food more nutritious.

Remember that recipes are only guidelines - not rules - for preparing food. Don't be afraid to experiment!

Instead of modifying your existing recipes, you can also find other recipes that are similar to your recipes but have less fat or sugar and more nutritious ingredients. Another way to control the amount of fats you consume is to reduce the amount of food you eat. Remember: fat should be 30% or less of your overall calorie intake.

To decrease your total fat and calories...

Reduce fat in baked products

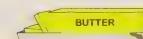
Reduce the amount of fat in baked products by 1/4 to 1/3. For example, if a cookie, quick bread or muffin recipe calls for 1 cup oil, use 2/3 cup instead. (Do not use this method for yeast breads and pie crusts.)

Use vegetable oil instead of solid fats

YES →



NO



Instead of using solid fats such as shortening, lard and butter, use vegetable oil in your recipes. Types of vegetable oils include corn oil, canola oil and peanut oil. To substitute liquid oil for solid fats, use about 1/4 less than the recipe calls for. For example, if a recipe calls for 1/4 cup shortening or butter (4 tablespoons), use 3 tablespoons oil instead.

Use plain lowfat or nonfat yogurt instead of sour cream

In baking, use plain lowfat or nonfat yogurt in the same proportion as sour cream and save on saturated fat calories

You can also substitute buttermilk or blended lowfat cottage cheese.



This method produces savings of 44 grams of fat!

1 cup sour cream = 495 calories = 48 grams total fat = 30 grams saturated fat
1 cup lowfat yogurt = 145 calories = 4 grams total fat = 2.3 grams saturated fat
Use skim or 1% milk instead of whole milk or half-and-half

Another way to decrease the amount of fat and calories in your recipes is to use skim milk or 1% milk instead of whole milk or half-and-half. For extra richness, try evaporated skim milk. This method produces savings of 25 grams of fat!

1 cup half/half = 315 calories = 28 grams total fat = 17.3 grams saturated fat
1 cup 1% milk = 100 calories = 3 grams total fat = 1.6 grams saturated fat

To decrease sodium...

Use low sodium or unsalted ingredients

To decrease the amount of sodium in your foods, use low sodium or unsalted ingredients in your recipes. Sodium intake for adult should be 1,100 - 3,300 mg per day. This equals about 1/2 to 1-1/2 teaspoon salt. (Do not omit salt in yeast breads because it controls the rising action of yeast.)

1 teaspoon salt=2,130 milligrams sodium

1 teaspoon soda=820 milligrams sodium

1 teaspoon baking powder=330 milligrams sodium



To decrease sugar...

Reduce sugar in baked goods and desserts



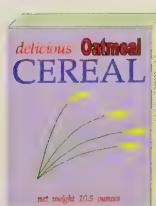
Reduce sugar by 1/4 to 1/3 in baked goods and desserts. Cookies, quick breads and cakes can be successfully baked this way. Substitute applesauce for the omitted sugar. (Do not decrease sugar in yeast breads because sugar feeds the yeast.)

Increase the use of some spices for flavor

In addition to reducing the amount of sugar in your recipes, you can increase the use of some spices for flavor. Adding cardamom, cinnamon, nutmeg or vanilla to your recipes will enhance the impression of sweetness.

To increase fiber...

Choose whole grain for part of your ingredients instead of highly refined products.



Use whole wheat flour, oatmeal and whole cornmeal. Whole wheat flour can be substituted for up to 1/2 of all-purpose flour. For example, if a recipe calls for 2 cups of flour, try 1 cup all purpose flour and 1 cup minus 1 tablespoon whole wheat flour.

NOTES

NOTES

Developed by Joyce M. Woodson, M. S., R. D.
and
Millicent Braxton-Calhoun, M. S.

The University of Nevada, Reno is an equal opportunity /affirmative action employer and does not discriminate on the basis of race, color, religion, sex, age, creed, national origin, veteran status, physical or mental disability, and sexual orientation in any program or activity it operates. The University of Nevada employs only United States citizens and aliens lawfully authorized to work in the United States.

